



Internal Pitfalls Quiz

This quiz will help you to think about and identify what feelings, emotions, moods, and internal thoughts and self-criticism, you will need to devise coping strategies for during your MOB.

Tick your possible pitfalls below - and use the blanks for anything we've missed.

Moods, Emotions, Feelings

- | | | | | |
|-------------------------------------|--------------------------------------|-------------------------------------|-------------------------------------|--|
| <input type="checkbox"/> Afraid | <input type="checkbox"/> Criticised | <input type="checkbox"/> Jealous | <input type="checkbox"/> Shy | <input type="checkbox"/> Resentful |
| <input type="checkbox"/> Frustrated | <input type="checkbox"/> Inadequate | <input type="checkbox"/> Bored | <input type="checkbox"/> Sad | <input type="checkbox"/> Overwhelmed |
| <input type="checkbox"/> Neglected | <input type="checkbox"/> Pressured | <input type="checkbox"/> Exhausted | <input type="checkbox"/> Tired | <input type="checkbox"/> Misunderstood |
| <input type="checkbox"/> Angry | <input type="checkbox"/> Depressed | <input type="checkbox"/> Lonely | <input type="checkbox"/> Grief | <input type="checkbox"/> |
| <input type="checkbox"/> Guilty | <input type="checkbox"/> Insecure | <input type="checkbox"/> Deprived | <input type="checkbox"/> Excited | <input type="checkbox"/> |
| <input type="checkbox"/> Rejected | <input type="checkbox"/> Relaxed | <input type="checkbox"/> Humiliated | <input type="checkbox"/> Worried | <input type="checkbox"/> |
| <input type="checkbox"/> Nervous | <input type="checkbox"/> Embarrassed | <input type="checkbox"/> Anxious | <input type="checkbox"/> Happy | <input type="checkbox"/> |
| <input type="checkbox"/> Confident | <input type="checkbox"/> Irritated | <input type="checkbox"/> Revengeful | <input type="checkbox"/> Elated | <input type="checkbox"/> |
| <input type="checkbox"/> Satisfied | <input type="checkbox"/> Depressed | <input type="checkbox"/> Hungry | <input type="checkbox"/> Suspicious | <input type="checkbox"/> |

Internal Critic/Saboteur

- | | | |
|--|---|---|
| <input type="checkbox"/> I'm not good enough | <input type="checkbox"/> I am worthless | <input type="checkbox"/> I'm a failure |
| <input type="checkbox"/> I deserve a drink | <input type="checkbox"/> It's not a good time right now | <input type="checkbox"/> I'm ugly/fat |
| <input type="checkbox"/> I'm boring | <input type="checkbox"/> I slipped up, no point carrying on | <input type="checkbox"/> I just can't do it today |

Do you have any particular self-talk (internal saboteur or internal critic) that is associated with your drinking?

Overall, looking at all the possible external and internal pitfalls - do you think that your past and any present drinking patterns have been more related to external or internal factors?

What is your biggest possible pitfall?