

# FVSC

## Instructions

All people experience thoughts that are critical towards themselves and others. For example, when a person is worried about his (her) relationship, he (she) might think:  
 “You’d better hang onto him (her). This may be your last chance. You may never get anybody again.”

Or a person might have critical thoughts about a potential partner:  
 “Don’t get involved. You might get hurt because he (she) is so unreliable.”

Negative thoughts are a part of everyone’s thinking process. Please indicate the frequency with which you experience the following thoughts by circling the corresponding number.

**1 – NEVER 2 – RARELY 3 – ONCE IN A WHILE 4 – FREQUENTLY 5 – MOST OF THE TIME**

Fore example, you think or say to yourself:

1 2 **3** 4 5      “You’re unattractive. Why should she (he) want to go out with you?”

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|--|---|---|---|---|---|
| 1. You’d better put on a good front. Put your best foot forward or he (she) won’t be interested. | 1 | 2 | 3 | 4 | 5 |
| 2. You’d be better off on your own.  | 1 | 2 | 3 | 4 | 5 |
| 3. He (She) doesn’t give a damn about you.   | 1 | 2 | 3 | 4 | 5 |
| 4. He (She) never spends time with you. He (She) is always with his (her) friends/family.        | 1 | 2 | 3 | 4 | 5 |
| 5. He (She) doesn’t want to hear your opinions, so keep them to yourself.                        | 1 | 2 | 3 | 4 | 5 |
| 6. Even if your marriage isn’t romantic anymore, it’s better than most couples have.             | 1 | 2 | 3 | 4 | 5 |
| 7. He (She) can be such a jerk (bitch)!  | 1 | 2 | 3 | 4 | 5 |
| 8. He (She) doesn’t care about <i>your</i> needs.  | 1 | 2 | 3 | 4 | 5 |
| 9. You couldn’t survive without him (her).   | 1 | 2 | 3 | 4 | 5 |
| 10. Women (Men) are so fragile. You have to be careful of what you say to them.                  | 1 | 2 | 3 | 4 | 5 |
| 11. You thought you mattered to him (her) but this just shows that he (she) doesn’t care at all. | 1 | 2 | 3 | 4 | 5 |

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|-----|---|---|---|---|---|---|
| 12. | Sex has always been a problem. Why bother with it?    | 1 | 2 | 3 | 4 | 5 |
| 13. | Love only brings heartache and misery.                | 1 | 2 | 3 | 4 | 5 |
| 14. | Any other woman (man) is more attractive than you!    | 1 | 2 | 3 | 4 | 5 |
| 15. | He (She) is so embarrassing in the way he (she) acts. | 1 | 2 | 3 | 4 | 5 |
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- |     |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|
| 16. | Look, the two of you belong together.   | 1 | 2 | 3 | 4 | 5 |
| 17. | He (She) is so controlling. Why do you always have to do what he (she) wants?                                   | 1 | 2 | 3 | 4 | 5 |
| 18. | You've got to find a man (woman) so you'll be taken care of.  | 1 | 2 | 3 | 4 | 5 |
| 19. | You're the one who does all the giving in this relationship. Let him (her) give something for a change.         | 1 | 2 | 3 | 4 | 5 |
| 20. | He (She) is too good for you. It would never work out.  | 1 | 2 | 3 | 4 | 5 |
| 21. | You're supposed to take care of a woman (man). You're not worth anything unless you can take care of her (him). | 1 | 2 | 3 | 4 | 5 |
| 22. | You shouldn't have to tell him (her). He (she) should just know what you're thinking.                           | 1 | 2 | 3 | 4 | 5 |
| 23. | He (She) probably says the same things to all the men (women) he (she) dates.                                   | 1 | 2 | 3 | 4 | 5 |
| 24. | He (She) is so passive. You always have to think of things to do.   | 1 | 2 | 3 | 4 | 5 |
| 25. | You're too vulnerable. You're going to get hurt.  | 1 | 2 | 3 | 4 | 5 |
| 26. | You look like such a fool! Everybody knows that he's (she's) been unfaithful to you.                            | 1 | 2 | 3 | 4 | 5 |
| 27. | No one could ever love you!   | 1 | 2 | 3 | 4 | 5 |
| 28. | You're a nobody! Who would care about you?  | 1 | 2 | 3 | 4 | 5 |
| 29. | Why isn't he (she) more affectionate?   | 1 | 2 | 3 | 4 | 5 |
| 30. | You've got to be in control. Just one wrong step and you'll end up alone.                                       | 1 | 2 | 3 | 4 | 5 |
| 31. | Don't ruin this relationship like all the other ones.   | 1 | 2 | 3 | 4 | 5 |

32.	He (She) is so critical of you.	1	2	3	4	5
33.	He (She) doesn't know how to touch you.	1	2	3	4	5
34.	He (She) is not worth it. Why get so involved?	1	2	3	4	5
35.	He (She) insists on being right about everything!	1	2	3	4	5
36.	You won't be able to satisfy her (him) sexually.	1	2	3	4	5
37.	You thought you mattered to him (her), but you don't.	1	2	3	4	5
38.	You have so much to offer a man (woman).	1	2	3	4	5
39.	He (she) should be more sensitive to your needs.	1	2	3	4	5
40.	She's (He's) much friendlier than you are. You're lucky to have her (him).	1	2	3	4	5
41.	You don't need love. You're better off on your own.	1	2	3	4	5
42.	He's (She's) so cold and unresponsive to you.	1	2	3	4	5
43.	He (She) is much smarter than you are.	1	2	3	4	5
44.	You should treat her (him) nicely, do things for her (him).	1	2	3	4	5
45.	Why get so excited? What's so great about him (her)?	1	2	3	4	5
46.	How do you know she (he) enjoyed having sex with you?	1	2	3	4	5
47.	He (She) says he (she) cares about you, but he (she) is just saying that to get something from you.	1	2	3	4	5
48.	Women (Men) are childish and melodramatic.	1	2	3	4	5
49.	You're too needy and dependent. No wonder he (she) doesn't like you.	1	2	3	4	5
50.	Don't wait for him (her) to come to you. You've got to make something happen.	1	2	3	4	5
51.	Of course he (she) likes somebody else. You're such a creep!	1	2	3	4	5
52.	Who'd be interested in you anyway?	1	2	3	4	5
53.	There are other, more important things in life than sex.	1	2	3	4	5

54.	If you don't give him (her) what he (she) wants, you're going to lose him (her).	1	2	3	4	5
55.	You've finally got someone of your own, so you'd better hold on to him (her).	1	2	3	4	5
56.	You've got to build a man (woman) up, make him (her) think he's (she's) really special.	1	2	3	4	5
57.	What could he (she) possibly see in you?	1	2	3	4	5
58.	Men don't like to commit to a relationship. Women will try to trap you.	1	2	3	4	5
59.	How can he (she) talk to you like that?	1	2	3	4	5
60.	He (She) always has an excuse for not wanting to make love.	1	2	3	4	5
61.	You'd better hang onto him (her). You may never get anybody again.	1	2	3	4	5
62.	Why bother talking to him (her)? It never works out.	1	2	3	4	5
63.	Don't let your feelings show. Don't let him (her) know that you really care.	1	2	3	4	5
64.	You're too shy to meet new people.	1	2	3	4	5
65.	You're stupid to put up with him (her). Anybody else would have left long ago.	1	2	3	4	5
66.	There are no men (women) who are faithful. They all leave.	1	2	3	4	5
67.	He (She) was much better off before he (she) met you.	1	2	3	4	5
68.	You can't trust men (women).	1	2	3	4	5
69.	He (She) always wants more, more than you can give.	1	2	3	4	5
70.	No one will ever want you. You're going to end up alone.	1	2	3	4	5
71.	Protect yourself. You're going to get hurt in this relationship.	1	2	3	4	5
72.	Why does he (she) demand so much from you?	1	2	3	4	5
73.	If you didn't have him (her) your life would be miserable and empty.	1	2	3	4	5
74.	You don't deserve love.	1	2	3	4	5

75.	You always want too much from a man (woman).	1	2	3	4	5
76.	He (She) doesn't really care about you.	1	2	3	4	5
77.	He's (She's) unreliable. He (She) will eventually reject you.	1	2	3	4	5
78.	All men (women) are interested in is sex. They don't like emotional commitments.	1	2	3	4	5
79.	He (She) is always jealous. Why doesn't he (she) just grow up?	1	2	3	4	5
80.	You're a very special person. He (She) is lucky to have you.	1	2	3	4	5
81.	No one really has a nice relationship. They're all messed up.	1	2	3	4	5
82.	Just give him (her) what he (she) wants.	1	2	3	4	5
83.	You're responsible for how he (she) feels. If he (she gets) upset, it's your fault.	1	2	3	4	5
84.	You're so selfish. You want (expect) too much from a man (woman).	1	2	3	4	5
85.	He (She) doesn't give one damn about you!	1	2	3	4	5
86.	What did you ever see in him (her)?	1	2	3	4	5
87.	You've got to put up with a lot to stay involved with a man (woman).	1	2	3	4	5
88.	You're so boring to be with. No one would want to go out with you.	1	2	3	4	5
89.	Why does he (she) always want to do something different from what you want?	1	2	3	4	5
90.	You're supposed to be married. If you're not, there's something wrong with you.	1	2	3	4	5
91.	Why is he (she) so unreasonable?	1	2	3	4	5
92.	You spoil men (women). You let them get away with too much.	1	2	3	4	5
93.	Don't disappoint him (her). Be good. Do what he (she) wants.	1	2	3	4	5
94.	You're a fool to care about him (her).	1	2	3	4	5
95.	Stop being so stupid! Stop hanging on to someone who doesn't care at all about you!	1	2	3	4	5
96.	Don't get involved. Don't get so attached, you'll just be disappointed.	1	2	3	4	5

