

Alternative CAT Psychotherapy File

CAT therapy is about trying to find patterns in the way you feel and behave in relationships. Once you can see the patterns more clearly, you can build on the ones which seem to work well for you, and try to change the ones which cause problems. Listed below are statements that a person might use to describe themselves. Please read each statement and decide how well it describes you. When you are not sure, then go with your gut instinct, rather than what you would like to be true, or how you think you should feel. If you like, you can change the words to make it even more true of you. Each set of statements goes with a type of pattern that you might recognise. The pattern is written in the box below the statements. Again, change the description of the pattern to make it more true of you, if you need to, and then rate the pattern in the box for how much it applies to you. There are no right or wrong answers, it is part of the process of getting to know yourself better. At the end is an empty box, in case you start to see a pattern in yourself that is not included in the ones already described.

Rating Scale

0 = Not at all true of me

1 = Somewhat true of me, or true of me at some times in my life

2 = Very true of me

1. I bottle up my feelings rather than speaking out -----
2. I try to please people all the time -----
3. I feel as if I do more for others than I get back in return -----
4. I find it difficult to know what I really want for myself -----
5. I am a good listener but tend not to talk about my problems to anyone -----
6. I can feel quite resentful sometimes but I don't express it -----
7. I put on an act with people, rather than just being me -----

“Too eager to please trap”

If you have said that several of these are true of you, you may be caught up in a kind of "too eager to please trap". Feeling unsure of yourself, you try to please others and do what they want, not expressing your own feelings. This can lead to you be misunderstood, or allow people to take advantage of your good nature, leaving you feeling angry and even more unsure of yourself. Does this sound like you?

8. If people knew the real me then they wouldn't want to be my friend

9. I feel as if people find me dull and boring in social situations

10. People don't want to include me in their groups

11. I worry that I am going to make a mess of everything I try

12. I often feel embarrassed around other people because I feel as if I am not as good as they are

13. I often avoid situations where I might be judged

14. I don't deserve good things to happen to me

15. I never get accused of showing off

“Low self esteem trap”

If you said that a lot of these statements apply to you, then you may be stuck in a "low self esteem trap". In this pattern you feel not good enough and fear judgement or criticism from others. This can lead you to avoid things, put things off or do them in a half-hearted way. This behaviour can make people irritated and they can be critical, which makes you feel even more that you are not good enough. Does this seem familiar?

16. If I trust my instinct, then I'll get things wrong -----
17. I need other people to help me in a lot of areas of my life -----
18. I am not very good at taking care of myself -----
19. I tend to want other people to make the decisions about what to do
and where to go -----
20. Sometimes I feel as if people treat me like a child and boss me about -----

“Depending on others trap”

If you have said that several of these statements apply to you, then you may be stuck in a “depending on others trap”. Feeling scared that you will not be able to cope, or will get things wrong, you seek out people who will do things for you and make all the decisions. At first this feels good, but it means that you do not get any practice at being independent and after a while you start to feel even less able to cope with life on your own. Does this sound like you? -----

21. Whatever I do, I have to come top, I can't accept second best -----
22. I work hard to keep everything in perfect order -----
23. I have so much to get done that there is never any time to have fun -----
24. People tell me that I push myself too hard -----
25. I am careful to control which feelings I show to other people -----
26. People know they can rely on me, if I say that I will do something
then I always get it done -----

“Need to be perfect trap”

If you have said that several of these are true of you, then you may be stuck in a “need to be perfect trap”. Feeling worried about being criticized, and feeling not good enough, you work hard to be perfect in all areas of your life, pushing yourself to your limit. This is exhausting, and stressful, and at some stage you might get ill or be unable to keep going. This means that you feel a failure and fear criticism even more.

Does this sound like you?

- 27. I often feel that something bad is about to happen -----
- 28. I am very careful with money so I do not get into debt -----
- 29. I tend to avoid anything that makes me anxious -----
- 30. I prefer to do things the same way all the time, rather than risk doing something new or different -----
- 31. I am really good at attending to details and checking things are correct -----

“Anxiously avoiding trap”

If you have said that several of these statements are true of you, then you may be stuck in an “anxiously avoiding trap”. Feeling scared that things might go wrong, and not sure how to cope with anxiety, you put things off or avoid them, turning down chances to do interesting things. This gradually limits your life and you never have the experience of doing something scary and managing it. Other people seem to be getting on with their lives but you are stuck in a rut, even more scared that you cannot cope.

32. In relationships that matter to me, I worry about being left -----
33. I often feel that people are out to hurt me and use me -----
34. I sometimes feel that the best way to avoid being hurt is to attack
first -----
35. If someone is nice to me then I wonder what they are after -----
36. It takes me a long time to trust people -----
37. I am careful and never rush into a relationship -----

“Scared of rejection trap”

If you have said that several of these statements are true of you, then you may be stuck in a “scared of rejection trap”. You have perhaps been hurt or let down by important people in your life, which makes you scared of getting attached to anyone new. You test people out and push them away to see if they really care, this can upset and annoy people and can lead to the rejection that you fear. Do you do this sometimes?

38. I worry that I could really hurt someone when I get angry -----
39. I have a lot of trouble accepting it when people won't do what I
want -----
40. I don't seem to have any willpower to do everyday tasks -----
41. I tend to use drinking, smoking, over eating or drugs to cope with
difficult feelings -----
42. How I feel about myself, and others, can switch suddenly from one
state of mind to a completely different one -----
43. Sometimes the only way to cope is to blank out and switch off
feelings -----

44. People find me exciting and interesting because I am so changeable

“Difficulty managing emotions pattern”

If you have said that several of these statements are true of you, then you may have difficulty managing your emotions. Perhaps you have grown up in a family where feelings were not allowed or seemed dangerous, you try to block feelings out but they come back even stronger and you still have not learnt how to manage them. Does this sound familiar?

These are only some of the possible patterns that people get stuck in. As you have been filling this in, you may have started to recognize a specific problem pattern of your own which none of these captures. If so, have a go at describing it in the box below:

My particular pattern

Snags

Snags are things that stop us making changes, even though we are unhappy with the way things are. Sometimes we are limited by something inside ourselves, or the fear of who we might become if we changed. Sometimes we are limited by how others might react if we

were to try and do things differently. Have a look through the following statements and tick any of them that you think apply to you:

1. I don't believe that I can ever change so there is no point even trying.
2. I don't deserve good things to happen to me.
3. Being better would be boring, I prefer to be interesting, even if it is painful sometimes.
4. I have no idea who I would be if I got better, so it is scary to change.
5. Feeling better for a bit, then getting worse again, would be even more painful than staying the way I am.
6. My family or partner would not be able to cope if I was different.
7. It would mean leaving people behind if I got better.

Is there anything else that might be keeping you stuck in difficult patterns?

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If you have any comments or feedback about this form, for example how difficult or easy it was to fill in, or ways to improve it, please ask your therapist to let me know at Alison.jenaway@cpft.nhs.uk