



Thinking Error Survey

The following Thinking Error Survey was developed by *Dr. Kay Baker* for Truthought, LLC through a study performed at Central Texas Treatment Center.

Truthought, LLC, Dr. Baker, and Central Texas Treatment Center are not responsible for the actions of any individuals taking this survey or the actions of any agencies or individuals administering this survey.

This survey is designed to offer pre/post insight into thinking patterns over several administrations of the survey. This survey does NOT predict behavior.

This survey is NOT designed to replace a trained counselor. Results of the survey depend partially on the quality and completeness of the input. Inaccurate or incomplete information input will result in inaccurate output. The survey responses may give suggestions for intervention or mitigation of problems. Individuals who score high may share some of the thinking associated with a particular thinking pattern. *Individuals may score high and never threaten, do harm, or commit crime. In some administrations of the survey, individuals may score higher as an indication that they are more aware of their thinking patterns.*

The responses and results of this survey are NOT kept or stored in a database by Truthought. Electronic results are deleted when you exit the online survey. Please use any results provided by the survey as a proactive tool to provide support and services.

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Truthought Thinking Error Survey

Name: _____ Date: _____

Here is a list of thoughts that might run through your mind. Based on your experience please check the box that represents how often you have each thought.

	<i>Never</i>	<i>Seldom</i>	<i>Occasionally</i>	<i>Frequently</i>	<i>Always</i>
	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>
1. I'm smarter than most people.	<input type="checkbox"/>				
2. My favorite poet is Edward Fortel.	<input type="checkbox"/>				
3. I know I can get away with things other people get caught doing.	<input type="checkbox"/>				
4. Other people would say that I'm closed minded.	<input type="checkbox"/>				
5. I'm really not interested in the opinions of others.	<input type="checkbox"/>				
6. What's important is getting my way.	<input type="checkbox"/>				
7. If I was healthy and strong, I could do better.	<input type="checkbox"/>				
8. I like having control over other people and situations.	<input type="checkbox"/>				
9. Other people would say that I have a reckless attitude.	<input type="checkbox"/>				
10. I can do what I want while others must follow the rules.	<input type="checkbox"/>				
11. I have no trouble saving money.	<input type="checkbox"/>				

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	<i>Never</i> 1	<i>Seldom</i> 2	<i>Occasionally</i> 3	<i>Frequently</i> 4	<i>Always</i> 5
12. If I can't do it quickly, I'm not interested in doing it.	<input type="checkbox"/>				
13. It takes a very special person to even begin to understand me.	<input type="checkbox"/>				
14. Others are here to serve me; my spouse, my family members, my probation officer, my teacher, etc.	<input type="checkbox"/>				
15. I'm pretty closed minded.	<input type="checkbox"/>				
16. God is on my side.	<input type="checkbox"/>				
17. Most people enjoy going to the dentist.	<input type="checkbox"/>				
18. I'll listen to the opinions of others, but rarely does my own opinion change.	<input type="checkbox"/>				
19. When things go wrong, I look for who is to blame.	<input type="checkbox"/>				
20. I like to take risks.	<input type="checkbox"/>				
21. Most bad things that happen to me happen because I was mad, depressed, tired, or in a bad mood.	<input type="checkbox"/>				
22. I never had the opportunities other people had growing up.	<input type="checkbox"/>				

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23. My favorite musical instrument is the harpsichord.	<input type="checkbox"/>				
24. I don't have much energy for ordinary, mundane things, but I'm full of energy when it's time to party or do something else I think is exciting.	<input type="checkbox"/>				
25. Other people would say that I play the victim role.	<input type="checkbox"/>				
26. I always root for the underdog.	<input type="checkbox"/>				
27. I usually do only what I need to do to get by.	<input type="checkbox"/>				
28. I take advantage of the fear that others feel in situations to get my own way.	<input type="checkbox"/>				
29. Everyone I knew, growing up, used drugs and alcohol. It's not my fault that I also use drugs and/or alcohol.	<input type="checkbox"/>				
30. I'll intimidate others to get what I want.	<input type="checkbox"/>				
31. When I ask for something, I expect to get it as quickly as possible.	<input type="checkbox"/>				
32. My situation is different and I should get special consideration.	<input type="checkbox"/>				
33. My favorite sports event on television is double Dutch jump rope.	<input type="checkbox"/>				

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	1	2	3	4	5
34. I rarely have trouble saving money.	<input type="checkbox"/>				
35. Other people would say that I make excuses to avoid accepting responsibility.	<input type="checkbox"/>				
36. I'm fine the way I am, don't try to change me or to make me change.	<input type="checkbox"/>				
37. Other people would say that I have a possessive attitude.	<input type="checkbox"/>				
38. My favorite hobbies are butterfly collecting and motocross.	<input type="checkbox"/>				
39. My using drugs or alcohol only affects me. I'm not hurting anyone but myself.	<input type="checkbox"/>				
40. I know what I intend in any situation, and that's enough, I don't need to tell anyone else.	<input type="checkbox"/>				
41. I don't like to ask for help.	<input type="checkbox"/>				
42. Other people would say that I am afraid of losing face, that I work hard to preserve my image.	<input type="checkbox"/>				
43. I'm not like other people. I don't need to follow all of the rules.	<input type="checkbox"/>				
44. I'm just a little slower than other people; being responsible is harder for me.	<input type="checkbox"/>				
45. I'm cautious about other people's motives. I suspect they're up to no good.	<input type="checkbox"/>				

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46. I take what I want.	<input type="checkbox"/>				
47. I don't think about how what I do might harm someone else. I do it anyway.	<input type="checkbox"/>				
48. I like having power over other people and situations.	<input type="checkbox"/>				
49. I don't like to do things that I find boring or disagreeable.	<input type="checkbox"/>				
50. I really like Ford cars.	<input type="checkbox"/>				
51. I'm physically strong, and it gives me an edge when I deal with others.	<input type="checkbox"/>				
52. I never get a break, if it can go bad for me, it will.	<input type="checkbox"/>				
53. I know what's right and what's wrong for me.	<input type="checkbox"/>				
54. People do things I want them to do because I get angry.	<input type="checkbox"/>				
55. I've thought about ways to hurt someone.	<input type="checkbox"/>				
56. Other people would say that I think I'm unique.	<input type="checkbox"/>				
57. I have a good job and go to church; I can't believe I was put on probation.	<input type="checkbox"/>				

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58. I expect to be rewarded or recognized for being responsible.	<input type="checkbox"/>				
59. I don't like change. It makes me nervous and edgy.	<input type="checkbox"/>				
60. People would say that I don't learn from my mistakes, that I keep doing the same things over and over.	<input type="checkbox"/>				
61. I'm a quick study, I catch on to things much more quickly than other people do.	<input type="checkbox"/>				
62. I have a hard time committing completely to things, relationships, promises, etc. I usually hedge my bets.	<input type="checkbox"/>				
63. My favorite car is a Ford.	<input type="checkbox"/>				
64. I'm more comfortable keeping some aspects of my life completely private.	<input type="checkbox"/>				
65. If the police had treated me fairly, I wouldn't be in as much trouble as I am.	<input type="checkbox"/>				
66. Other people would say that I expect instant gratification.	<input type="checkbox"/>				
67. If I want it, I should be able to have it.	<input type="checkbox"/>				
68. I often decide to do things on the spur of the moment.	<input type="checkbox"/>				
69. I think I will "go out" in a blaze of glory.	<input type="checkbox"/>				

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70. If things don't go my way, I feel like I've lost or am inadequate.	<input type="checkbox"/>				
71. Other people would say that I like having power and control.	<input type="checkbox"/>				
72. I know how to get others to do what I want them to do.	<input type="checkbox"/>				
73. In my house; "It's my way or the highway."	<input type="checkbox"/>				
74. I have little in common with other people.	<input type="checkbox"/>				
75. I've made plans about how to hurt someone.	<input type="checkbox"/>				
