

Mode Deactivation Therapy A Theoretical Case Analysis (Part II)

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This is the second part of a case study presenting a single case analysis of an 18 year-old African American male. It also presents a theoretical analysis of the case implementing Mode Deactivation Therapy (MDT) (Apsche, Ward, & Evile, 2002). MDT is a form of CBT that combines the balance of DBT with a methodology to address the adolescents' belief system. MDT has been shown to be effective in a descriptive study with CBT (Apsche & Ward, 2002). The analysis of MDT while reviewing this case presents an opportunity to understand the development of MDT, while reviewing its effectiveness with this case. The individual in this case, John, was a troubled youngster. He had been the recipient of severe and pervasive physical abuse by his mother and father. He and his sister were neglected and abandoned as children at the age of 5 years old. John developed a complex system of personality disorder beliefs to cope with his world. These beliefs had led John to commit numerous violent acts as a sexual offense. This theoretical case study represents the beginning of mode deactivation therapy from theory to clinical practice. He was treatment savvy and was able to define basic cognitive therapy techniques but would engage in dialectical debates about distortions and would negatively engage his therapist who suggested that he distorted information.

Keywords: Mode Deactivation Therapy; CBT; DBT

MDT Case Conceptualization offers a step-by-step methodology to implement MDT. Additionally, MDT offers specifically designed assessments, which are the basis of completing the Case. The Case then becomes the basis for implementing MDT methodology. The Fear Assessment, Compound Core Belief Questionnaire, and the Typology Survey are all presented in this article. All these assessments have been tested for validity, reliability, and effectiveness. The results of statistical analysis of these assessments will be presented in future articles by the authors.

The Case Conceptualization is a schematic representation of Beck's (1996) theory of modes combined with Apsche & Ward (2002) interpretation of the applied methodology of Linehan (1993), Kohlenburg & Tsai (1993). It is intended to provide the blueprint for treatment for the youngster. The Case Conceptualization provides a functional treatment methodology that integrates into the treatment plan.

The Case Conceptualization is typology driven and individualizes the treatment based on empirically based assessment. The Case Conceptualization also provides a methodology to address the reactive adolescent emotional dysregulation. The typology of adolescents often reacts aggressively and destructively through emotions to threats or perceived threats. The case provides the structure of the Conglomerate of Beliefs to address the dysregulation by balancing the beliefs.

The Conglomerate of Beliefs identifies behaviors that correlate with beliefs and is the structure to work with the youngster. This provides a method to relate the emotional dysregulation to the beliefs. The goal is to teach the youngster to balance beliefs by recognizing that they activate the emotional and behavioral dysregulation.

The Case Conceptualization also provides a methodology to address the reactive adolescent emotional dysregulation. The emotional dysregulation refers to the Linehan (1993) model of the Borderline Personality Disorder (BPD) emotional dysregulation, integrated with the Reactive Conduct Disorder (Dodge, Lochman, Bates and Petti, 1997).

Linehan (1993) sees individuals with borderline personality disorder analogous with burn victims where the slightest movement is automatic and causes extreme pain. “Because the individuals cannot control the onset and offset of internal or external events that influence emotional response” she suggests that the experience is itself a “nightmare of intense emotional pain” and a struggle to regulate themselves.

According to Dodge et al, (1997), there are two sub-groups of aggressive conduct type youngsters; Proactive, the sub type that receives benefit and rewards from aggression and Reactive, the sub type that is emotionally reactive or dysregulates. Forty percent of reactive adolescents have multiple personality disorder according to Dodge, et al. It appears that Reactive Conduct Disorder adolescents emotionally dysregulate and many of their aberrant responses are results of their emotional dysregulation.

Koenigsberg, Harvey, Mitropoulou, Antonia, Goodman, Silverman, Serby, Schopick and Siever (2001) found that many types of aggression, as well as, suicidal threats and gestures were associated with emotional dysregulation. The Case Conceptualization methodology provides the framework to assess and treat these complicated typologies of adolescents and integrates them into a functionally based treatment. The goal is to deactivate the Fear→ Avoids→ Compound Core Beliefs mode and teach emotional regulations through the balancing or beliefs.

Once the information is gathered and the case is formulated, the client and the therapist develop collaboratively the Conglomerate of Beliefs and Behaviors (COBB). The completion of the COBB follows the review of the five column Fear→ Avoids→ Compound Core Beliefs and moves to this form.

The Conglomerate of Beliefs and Behaviors is the crux of treatment for the client. Once he collaboratively validates the Fear→ Avoids→ Compound Core Beliefs and moves to do this form, he helps validate his behavior responses that are congruent with his compound core beliefs.

This form once completed remains with him throughout treatment and is the basis for all of his work in the MDT manual. The client recognizes that these beliefs could be activated throughout his lifetime and he continually works to deactivate his fears, avoids, and beliefs.

The case conceptualization is a systematic carefully designed sequential methodology intended to provide functionally based treatment, to complex emotional, thought and behavior disorders. First, complete all assessments:

Typology Survey, Fear Assessment, and Compound Core Belief Questionnaire (CCBQ).

1. COMPLETE ALL ASSESSMENTS:

a. TYPOLOGY SURVEY (see Appendix A): The Typology Survey gathers information about the resident’s history including: family, substance abuse, medical, educational, emotional, physiological, interpersonal relationships/social, offenses, physical abuse, sexual abuse, emotional abuse, neglect, and expectations of treatment. Consult all records and parents/guardian for validation of specific responses before meeting with resident. Explain the nature of the assessment and its purpose. Enlist the resident’s cooperation by letting him know that he can help him more effectively by providing this information, as he is an expert on himself.

Maintain an open conversation while administering this assessment to encourage the resident to speak more freely. Once you begin the assessment, write down all responses in the space provided. Be

sure to complete all questions, even if they seem irrelevant. This information is essential for completing your Case Conceptualization as well as providing effective therapy.

b. **FEAR ASSESSMENT (see Appendix B):** The Fear Assessment is a 60-question assessment exploring fears of the resident, providing insight into the resident's underlying traumas. The Fear Assessment is important and will be necessary to complete the Fear, Avoids, Compound Core Belief – Correlation component of the Case Conceptualization. It should be completed after the Typology Survey.

c. **CCBQ (Compound Core Beliefs Questionnaire)(see Appendices C1 & C2):** The CCBQ (Compound Core Beliefs Questionnaire) is a 209-question assessment used to gather a succinct understanding of a resident's beliefs or thought processes. There is also a short version (96 questions) of the CCBQ, which may be more appropriate for younger and/or lower functioning youth. This worksheet offers the therapist to gather valuable information concerning beliefs endorsed by the resident. Beliefs endorsed on this assessment are necessary to complete the Fear, Avoids, Compound Core Belief – Correlation component of the Case Conceptualization.

T TYPOLOGY SURVEY

To be completed by therapist; include parent/guardian interview and chart review

Clinician: _____

Date: _____

I.	<u>Identifying Information:</u>	Clinical Record Number:
A.	Resident Name:	
B.	Date of Birth/Age:	
C.	Ethnicity (Black, White, Asian, Native American, Latino, combination, etc.):	
D.	Date of Admission:	
E.	Complex/ Unit:	
F.	ELOS (Estimated Length of Stay):	

		Resident Interview:	Parent/ Guardian:	Chart/ Record Review:
II.	<u>Family Information:</u>			
1.	Briefly describe each member of the resident's family (please indicate who resides with the resident). Include any children with their ages and gender.			
2.	Indicate all the places that the resident has lived in his life.			
3.	Where does the resident plan to live after leaving The Pines?			
4.	Describe the relationship of the resident's parents. (include marital status)			
5.	Describe relationship between resident and mother/ guardian.			
6.	Describe relationship between resident and father/ guardian.			

7.	Describe what the resident/ parent/ guardian would like to see change about their relationship.			
8.	Describe relationship between resident and siblings.			
9.	What is the best thing and worst thing mother/ guardian has ever done for/to the resident?	Best: Worst:	Best: Worst:	Best: Worst:
10.	What is the best thing and worst thing father/ guardian has ever done for/to the resident?	Best: Worst:	Best: Worst:	Best: Worst:
11.	Is there anyone in resident's family he does not like to be with? Who and Why?			
12.	Indicate whom the resident talks to when he feels worried, sad, or scared.			
13.	Any other relevant information about family?			

		Resident Interview:	Parent/ Guardian:	Chart/ Record Review:
III.	<u>Substance Abuse History:</u>			
1.	What drugs/alcohol have you used?			
2.	If you have used, how often, and for how long?			
3.	Do you believe your use of drugs/alcohol has affected your ability to function?			
4.	Referral to chemical dependency counselor?			

		Resident Interview:	Parent/ Guardian:	Chart/ Record Review:
IV.	<u>Medical:</u>			
1.	Has the resident been to the hospital? If so, explain.			
2.	Is the resident taking any medication? If so, for what reason?			
3.	Does the resident have a history of childhood head trauma, hits to the head, or central nervous system?			
4.	Is there history of intrauterine drug or alcohol usage? Did mother use any substances prior to the birth of the child?			

		Resident Interview:	Parent/ Guardian:	Chart/ Record Review:
V.	<u>Educational:</u>			
1.	What grade is the resident in? Special education?			
2.	How is the resident doing in school?			
3.	What are the resident's academic goals? (GED, diploma, college, technical school, etc.)			
4.	Has the resident held a job? If so, when and where?			
5.	Describe any previous training or preparation for vocational training and/or independent living.			

		Resident Interview:	Parent/ Guardian:	Chart/ Record Review:
VI.	<u>Emotional:</u>			
1.	What is your usual mood like? (If negative, ask: When was it last good)			
2.	What do you do when you are sad?			
3.	<i>suicidal ideation</i> Have you ever thought of hurting yourself? How? If yes, when was the last time you felt this way? Please explain circumstances.			
4.	Have you ever tried to hurt yourself in any way? (When, How, Where, What Happened)			
5.	Are there any unpleasant memories that keep coming back to you? What are they?			
6.	How have you been sleeping? Do you experience any of the following: Trouble falling asleep; Trouble waking in the morning; Waking in the middle of the night; Tiredness during the day; Nightmares			
7.	Has your interest in food increased or decreased? Have you gained or lost weight recently?			
8.	Is there a history of bedwetting? Describe.			
9.	Does the resident have a history of firesetting? Describe.			

10.	Have you ever run away from home or other residence? If yes, please explain?			
11.	Describe the resident's aberrant behaviors.			
12.	Has the resident ever been in counseling before? If so, describe.			
13.	Has the resident ever been hospitalized? If so, for what and when?			
14.	Has the resident ever been in another treatment program? If so, for what and when?			
15.	What does the resident usually do when he gets really upset or angry?			
16.	Has the resident ever intentionally harmed animals?			
16.	Has the resident ever destroyed things or hit anyone in anger? If so, tell me about it.			
17.	<i>homocidal ideation</i> Has the resident ever been so mad that he wanted to really hurt or kill someone else? If so, when, how, where, why.			

<i>VII Physiological:</i>				
1.	Describe an incident where the resident was angry or upset.			
2.	<p>Ask the resident for descriptions of specific physiological responses.</p> <p>Describe what “my face is red,” “my blood boils,” clinched fists, teeth and jaws feel like and what do these feelings mean?</p> <p>Take your time and ask about breathing; all responses.</p> <p>Rank in order the physiological responses and how the resident responds to them. Rank from first physiological response to final physiological response. (Remember, muscle tightened, stomach tightened, etc.)</p>	<p>Example:</p> <ul style="list-style-type: none"> Gritting teeth Clenching fists Sweating Face and arms flush Redness of face Veins bulge Jittery Shaking Crying Frowning Heart rate increases Shortness of breath Loss or change in vocal pitch Burning in chest Stomach/ intestinal pains Cramping Exhaustion/ fatigue Nervous twitching Raised voice 	Resident’s physiological responses:	Ranked physiological responses:

		Resident Interview:	Parent/ Guardian:	Chart/ Record Review:
VIII	<i>Interpersonal Relationships/Social</i>			
1.	What did you typically do in the afternoons after school and on the weekends?			
2.	What kinds of things do you do for fun?			
3.	How old were you when you had your first sexual experience?			
4.	Sexual Preference: (Heterosexual, Homosexual, Bisexual, Celibate)			
5.	How many sexual partners have you had?			
6.	What type of birth control did you use?			
7.	Has any physical or emotional maltreatment occurred in any of your social relationships? If yes, please explain.			
8.	Has the resident engaged in any sexual deviant behaviors? If so, has he received any type of previous treatment?			

<i>IX. Offenses</i>								
<i>Offenses</i>								
	Victim name/ and relationship	Resident age	Victim age	# of incidents	Describe the offense (Oral, anal, vaginal, fondling, animal, digital penetration, stalking, telephone scatalogia, flashing, frottage, combination, etc.)	How did the resident get the victim to go along?	How did the resident get caught?	What are the related charges?
1	Resident interview:							
	Parent/ guardian:							
	Chart review:							
2	Resident interview:							
	Parent/ guardian:							
	Chart review:							
3	Resident interview:							
	Parent/ guardian:							
	Chart review:							
4	Resident interview:							
	Parent/ guardian:							
	Chart review:							
5	Resident interview:							
	Parent/ guardian:							
	Chart review:							
6	Resident interview:							
	Parent/ guardian:							
	Chart review:							
7	Resident interview:							
	Parent/ guardian:							
	Chart review:							
Total number of victims:		Total number of offenses (incidents):				Total number of charges:		

<i>X. History of Physical and Sexual Abuse:</i>											
<i>History of Physical Abuse</i>											
	Perpetrator name/ and relationship	Resident age at onset	Duration	Perp's age	# of incidents	Describe the abuse (hitting, use objects, burning, etc.)	How did the perpetrator get the resident to go along?	How and when was it was discovered (resident's age at the time of the discovery).	What was done about the abuse when it was discovered	Has the abuse been reported?	Outcome of reporting
1	Resident interview:										
	Parent/ guardian:										
	Chart Review:										
2	Resident interview:										
	Parent/ guardian:										
	Chart Review:										
3	Resident interview:										
	Parent/ guardian:										
	Chart Review:										
4	Resident interview:										
	Parent/ guardian:										
	Chart Review:										
5	Resident interview:										
	Parent/ guardian:										
	Chart Review:										

Any other relevant information about history of physical abuse?

<i>History of Sexual Abuse</i>											
	Perpetrator name/ and relationship	Resident age at onset	Duration	Perp's age	# of incidents	Describe the abuse (Oral, anal, vaginal, fondling, animal, digital penetration, stalking, telephone scatalogia, flashing, frottage, combination, etc.)	How did the perpetrator get the resident to go along?	How and when was it was discovered (resident's age at the time of the discovery).	What was done about the abuse when it was discovered	Has the abuse been reported?	Outcome of reporting
1	Resident interview:										
	Parent/ guardian:										
	Chart Review:										
2	Resident interview:										
	Parent/ guardian:										
	Chart Review:										
3	Resident interview:										
	Parent/ guardian:										
	Chart Review:										
4	Resident interview:										
	Parent/ guardian:										
	Chart Review:										
5	Resident interview:										
	Parent/ guardian:										
	Chart Review:										

Any other relevant information about history of sexual abuse?

MDT Case Analysis Part II

Typology Survey-©2003 by Serene R. Ward Bailey, M.A. & Jack A. Apsche, Ed.D. ABPP **APPENDIX A**

XI.	<u>History of Other Abuse:</u>			
		Resident Interview:	Parent/ Guardian:	Chart/ Record Review:
	<u>EMOTIONAL ABUSE:</u> Resident's history of emotional abuse.			
1.	Indicate who the perpetrator is; include relationship to resident (family member, an individual known to the family, stranger).			
2.	Age of onset, duration			
3.	Describe the abuse:			
4.	How and when was the emotional abuse was discovered (include the resident's age at the time of the discovery)?			
5.	What was done about the abuse when it was discovered?			
6.	Has the emotional abuse been reported? If so, what was the outcome?			
7.	Is there any suggestion that the resident was subjected to emotional invalidation as a child or adolescent by primary care giver?			
		Resident Interview:	Parent/ Guardian:	Chart/ Record Review:

MDT Case Analysis Part II

Typology Survey-©2003 by Serene R. Ward Bailey, M.A. & Jack A. Apsche, Ed.D. ABPP **APPENDIX A**

	<u>NEGLECT:</u>		
8.	Describe any neglect the resident has experienced (lack of shelter, food, clothing, love, environmental deprivation, etc). Include the length of time the neglect was suffered.		
9.	Describe the environment the resident was raised in. Include SES (socioeconomic status)		
10.	Was either parent frequently away or out of the home at any time in the resident's life? If yes, please explain.		
	<u>OTHER TRAUMA:</u>		
11.	Describe any other trauma the resident has experienced, i.e., witness the death of someone, or have their life threatened? Severity?		
12.	Age of onset, frequency.		
13.	Has the resident lost contact with anyone special to him (i.e. death, imprisonment, etc.)?		
14.	Indicate any physical violence the resident has ever witnessed between family members? Please explain.		

MDT Case Analysis Part II

Typology Survey-©2003 by Serene R. Ward Bailey, M.A. & Jack A. Apsche, Ed.D. ABPP **APPENDIX A**

15.	Has the resident ever witnessed any violence? Describe.			
16.	Describe family stresses at this time (i.e. financial, marital difficulties, etc.)			
17.	Indicate if the resident has been involved in a gang or crew in his neighborhood.			
18.	Is there a history of group (neighborhood) influence on his behavior? Give details.			
19.	What "survival skills" did the resident need to survive in home environment?			

		Resident Interview:	Parent/ Guardian:	Chart/ Record Review:
<i>XII</i>	<u>Expectations of Treatment</u>			
1.	What would the resident like to do differently when he is discharged?			
2.	What are some goals the resident has for the next year?			
3.	Willingness and motivation to be involved in family therapy sessions:			
4.	If the resident could change anything about himself, what would he change?			

STRENGTH OF FEARS

Name: _____ Date: _____

Please read the statements below and circle HOW OFTEN YOU ENDORSE EACH ONE.

		<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
1.	Fear of trusting anyone.	1	2	3	4
2.	Fear of trusting males. younger____, older____, race ____	1	2	3	4
3.	Fear of trusting females. younger____, older____, race ____	1	2	3	4
4.	Fear of trusting relative. specific relative: _____	1	2	3	4
5.	Fear of being home alone.	1	2	3	4
6.	Fear of closed rooms.	1	2	3	4
7.	Fear of showers or bathrooms. Be specific.	1	2	3	4
8.	Fear of failing. Be specific, of failing at what?	1	2	3	4
9.	Fear someone will do something sexual. Who? The sexual behaviors I am afraid of are _____.	1	2	3	4
10.	Fear of hurting someone. Who?	1	2	3	4
11.	Fear of someone hurting me. or self.	1	2	3	4
12.	Fear that I did something wrong.	1	2	3	4
13.	Fear of being dumb.	1	2	3	4
14.	Fear of going to bed.	1	2	3	4
15.	Fear of being weak.	1	2	3	4
16.	Fear of not being masculine enough.	1	2	3	4
17.	Fear of being gay.	1	2	3	4
18.	Fear of dying. How?	1	2	3	4
19.	Fear of my anger.	1	2	3	4
20.	Fear that someone will beat me up.	1	2	3	4
21.	Fear of someone knowing the secret.	1	2	3	4

		<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
22.	Fear that I caused the problem.	1	2	3	4
23.	Fear no one will believe me.	1	2	3	4
24.	Fear I have no one to talk to.	1	2	3	4
25.	Fear of the attacker; retaliation or repeat attack.	1	2	3	4
26.	Fear of not being strong enough to get away.	1	2	3	4
27.	Fear of being caught.	1	2	3	4
28.	Fear that people will know by looking at me, I've done something wrong.	1	2	3	4
29.	Fear I will live.	1	2	3	4
30.	Fear that I am sick and they will find out.	1	2	3	4
31.	Fear of a specific place. Where?	1	2	3	4
32.	Fear of being emotionally intimate.	1	2	3	4
33.	Fear of crowds.	1	2	3	4
34.	Fear of being alone.	1	2	3	4
35.	Fear I will die young.	1	2	3	4
36.	Fear I will be physically hurt for no reason.	1	2	3	4
37.	Fear that something is wrong with me.	1	2	3	4
38.	Fear of never being "normal".	1	2	3	4
39.	Fear of my feelings.	1	2	3	4
40.	Fear I will never feel good.	1	2	3	4
41.	Fear of talking with someone about my sexual abuse.	1	2	3	4
42.	Fear of being in a crowded room.	1	2	3	4
43.	Fear of being touched by someone that I don't know well.	1	2	3	4
44.	Fear of being alone with adults that look my abuser.	1	2	3	4
45.	Fear of seeing the person who abused me.	1	2	3	4
46.	Fear of reading about the person who abused me.	1	2	3	4
47.	Fear of someone coming up behind me.	1	2	3	4

		<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
48.	Fear of someone standing too close to me.	1	2	3	4
49.	Fear of seeing someone the same size and race of my abuser.	1	2	3	4
50.	Fear of being locked or restricted in a room.	1	2	3	4
51.	Fear of wearing clothes similar to those worn when I was abused.	1	2	3	4
52.	Fear of seeing and hearing about an assault on TV.	1	2	3	4
53.	Fear of having sexual contact.	1	2	3	4
54.	Fear of having physical contact.	1	2	3	4
55.	Fear of losing control.	1	2	3	4
56.	Fear of talking to strangers.	1	2	3	4
57.	Fear of going to the place where I was abused.	1	2	3	4
58.	Fear of confronting my abuser.	1	2	3	4
59.	Fear of talking to a therapist about my abuse.	1	2	3	4
60.	Fear that my abuser will get me again.	1	2	3	4

COMPOUND CORE BELIEFS QUESTIONNAIRE - CCBQ

Name _____

Date _____

Please read the statements below and circle HOW OFTEN YOU ENDORSE EACH ONE.

	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
1. Everyone betrays my trust. I cannot trust anyone. (III)	1	2	3	4
2. If I am not loved, I am unhappy. (V)	1	2	3	4
3. Since I am afraid, I know I cannot achieve. (II)	1	2	3	4
4. When I see it and want it, I will take it. (IV)	1	2	3	4
5. I have to get what I want and need; others who are weak deserve what they get. (I)	1	2	3	4
6. I am special, others should get me what I want. (VII)	1	2	3	4
7. I am so exciting, others always want to be with me. (VI)	1	2	3	4
8. If I don't do it, it won't be done right. (VIII)	1	2	3	4
9. Rules are for others, I make my own rules. (XI)	1	2	3	4
10. I cannot trust others, they will hurt me. (X)	1	2	3	4
11. If you annoy me, I will "go off" and let you know it.(IX)	1	2	3	4
12. If I trust someone today, they will betray me later. (III)	1	2	3	4
13. I am only fulfilled by being with a strong person. (V)	1	2	3	4
14. Others are critical, thereby they will reject me. (II)	1	2	3	4
15. Weaker people are here for the strong to prey on, using any means I need. (IV)	1	2	3	4
16. There is no problem if others don't know I did something. (I)	1	2	3	4
17. If others don't follow me, they should be punished. (VII)	1	2	3	4
18. My feelings are always right, thinking complicates issues. (VI)	1	2	3	4
19. If you are not perfect, you are terrible. (VIII)	1	2	3	4
20. People in authority are useless because they do not understand how special I am. (XI)	1	2	3	4
21. Other people have hidden motives and want something from me. (X)	1	2	3	4
22. Unless you agree with me, you are my enemy. (IX)	1	2	3	4
23. Whenever I hope, I will become disappointed. (III)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost</i>	<i>Always</i>

			<i>Always</i>	
24. Others make better decisions than I; I can not make up my mind. (V)	1	2	3	4
25. When I feel, it may be unpleasant. (II)	1	2	3	4
26. Only I count, others are there to fill my needs. (IV)	1	2	3	4
27. Unless you have a videotape of me, you cannot prove I did it. (I)	1	2	3	4
28. If you criticize me, you are against me. (VII)	1	2	3	4
29. If I don't make myself known, others will not know how special I am. (VI)	1	2	3	4
30. If a job is not perfect, it is not complete. (VIII)	1	2	3	4
31. Things never work out for me, I never get a break. (XI)	1	2	3	4
32. If I am not on guard, others will take advantage of me. (X)	1	2	3	4
33. I don't need adults, rules, or regimentation; I will do what I want or need. (IX)	1	2	3	4
34. When I feel empty, I'll do whatever I need to do to feel better (including hurting myself).(III)	1	2	3	4
35. I am helpless and cannot make it on my own. (V)	1	2	3	4
36. I am not good enough, and others will reject me. (II)	1	2	3	4
37. If it makes me feel good, I do what I want. (IV)	1	2	3	4
38. My sexual offenses did not hurt anyone; they wanted it and will get over it. (I)	1	2	3	4
39. I am so brilliant and special, only a "gifted" few understand me. (VII)	1	2	3	4
40. When I am bored, I need to become the center of attention. (VI)	1	2	3	4
41. Without systems, everything will fall apart and there will be no order. (VIII)	1	2	3	4
42. Supervisors and bosses are useless and only stifle my creativity. (XI)	1	2	3	4
43. If I give others the chance, they will hurt me. (X)	1	2	3	4
44. I fulfill my own needs to amuse myself; others' needs don't mean anything to me. (IX)	1	2	3	4
45. When I am angry, my emotions are extreme and out of control. (III)	1	2	3	4
46. Others are stronger and I need them to cope. (V)	1	2	3	4
47. I am inadequate; I will do whatever I must to hide it. (II)	1	2	3	4
48. If I want sex, I'll take it, others' consent is not important. (IV)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
49. If he wasn't so weak, I wouldn't have beat him up. (I)	1	2	3	4

50. I deserve admiration and respect, whether I work for them or not, others don't deserve recognition.(VII)	1	2	3	4
51. My "inner feelings" and intuition are all I need, rational thinking doesn't help. (VI)	1	2	3	4
52. Any flaws, defects, and mistakes are intolerable and totally invalidate any good or positive. (VIII)	1	2	3	4
53. I don't have to follow rules, I take care of myself. (XI)	1	2	3	4
54. Whenever I am alone, I cannot relax because someone is creating problems for me. (X)	1	2	3	4
55. Things that go wrong for me are others' fault. (IX)	1	2	3	4
56. When I get angry, my emotions go from annoyed to furious. (III)	1	2	3	4
57. I cannot think for myself, so I must find someone to take care of me. (V)	1	2	3	4
58. If I am afraid something will be unpleasant, I will avoid it. (II)	1	2	3	4
59. Others' personal property is of no concern or value to me, it's there for me to use how I choose. (IV)	1	2	3	4
60. If he/she can't take care of themselves, they get what they deserve. (I)	1	2	3	4
61. Others are unreliable, will let me down, or reject me. I need to protect myself. (III)	1	2	3	4
62. When others are paying attention to me, I am never bored. (VI)	1	2	3	4
63. People should do things my way because I know the best way to do them. (VIII)	1	2	3	4
64. Others may demand, but I do things my way. (XI)	1	2	3	4
65. If I let others know me, they will take advantage and hurt me. (X)	1	2	3	4
66. I know what I want and how to do everything. (IX)	1	2	3	4
67. When I hurt emotionally, I do whatever it takes to feel better. (III)	1	2	3	4
68. Being alone insures that I cannot be successful. (V)	1	2	3	4
69. Anything is better than feeling unpleasant. (II)	1	2	3	4
70. I will steal or take what I want from others, if it suits my needs. (IV)	1	2	3	4
71. I got hurt (victimized) before and I am strong now, so anyone I hurt will get better. (I)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
72. If I act silly and entertain people, they won't notice my weaknesses. (VI)	1	2	3	4
73. Every detail is important, without completion of every detail your life will fail.	1	2	3	4

(VIII)

74. When I tell the “truth” I will be discounted, misunderstood, or rejected. (III)	1	2	3	4
75. If I let others know information about me, they will use it against me. (X)	1	2	3	4
76. If I fail it’s because others got in my way. (IX)	1	2	3	4
77. When I am in pain, I’ll do whatever I need to do to feel better (including hurting myself).(III)	1	2	3	4
78. Without another strong person, I am nothing. (V)	1	2	3	4
79. If others notice me, they will see my inadequacies. (II)	1	2	3	4
80. Truth means nothing; words are only a tool to get what I want. (IV)	1	2	3	4
81. Whenever I give (emotionally, physically, etc) it will be rejected. (III)	1	2	3	4
82. Others tend to be too casual and relaxed, and without formality and structure they will fail in life.(VIII)	1	2	3	4
83. People tell me or say things to me, and mean something else. (X)	1	2	3	4
84. If you don’t do what I want, I’ll get angry, and you will pay for my anger. (IX)	1	2	3	4
85. Life at times feels like an endless series of disappointments followed by pain. (III)	1	2	3	4
86. If I feel bad, I can’t control it. (II)	1	2	3	4
87. Stealing is OK, if it fill my needs and suits my pleasure. (IV)	1	2	3	4
88. I can do what I want, consequences don’t effect me directly unless I am caught. (I)	1	2	3	4
89. Any deviation from perfection means failure. (VIII)	1	2	3	4
90. If I am close to a person, they will betray me. (X)	1	2	3	4
91. If I am not perfect, I am a failure. (III)	1	2	3	4
92. If others criticize me, I know they are right. (II)	1	2	3	4
93. I cannot tolerate any rules or disagreement with my will, I will avoid these rules. (IV)	1	2	3	4
94. Consequences only matter when I am caught. They are for others. (I)	1	2	3	4
95. If I cannot be orderly, structured and perfect, I am a failure. (VIII)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
96. If others think they can get away with taking advantage of me, they will use me and information about me. (X)	1	2	3	4
97. In my living environment, often it is the social environment’s fault for my failure, for any demands that are unrealistic. (III)	1	2	3	4

98. I would rather do anything to avoid failing because I cannot succeed. (II)	1	2	3	4
99. My own rules are more important than my parents or caregivers. (IV)	1	2	3	4
100.If I don't take what I want, I won't get what I need; and I deserve it. (I)	1	2	3	4
101.I try to control and not to show my grieving, loss, sadness, but eventually it comes out in a rush of emotions.(III)	1	2	3	4
102.If I don't think about or deal with a problem, it is not real. (II)	1	2	3	4
103.Only my internal rules count, any authority figures who disagree must pay, or be avoided. (IV)	1	2	3	4
104.In relationships, if the other person is not with me, then they are against me. (III)	1	2	3	4
105.People are not worth being around if they criticize me. (II)	1	2	3	4
106.My feelings about myself are so poor that I will do whatever I need to do to compensate for this. (III)	1	2	3	4
107.Problems are too big to solve;if I avoid them, they'll go away. (II)	1	2	3	4
108.Whenever I try to feel better, I will make things worse and feel more pain eventually. (III)	1	2	3	4
109.If they ask me to do something I don't want to do, I'll pay them back. (XI)	1	2	3	4
110.I do it because I can, I deserve to get what I want. (I)	1	2	3	4
111.Only my thoughts, feelings, issues are important; others' are subservient to mine. (VII)	1	2	3	4
112.Whenever I need someone they are not there for me, there is no one I can count on. (III)	1	2	3	4
113.Rules are for others. (VII)	1	2	3	4
114.It is not important to keep promises unless they are to your closest friends. (I)	1	2	3	4
115.If people don't respond positively to me, they are not important. (VI)	1	2	3	4
116.I am alone if I am unattached. (V)	1	2	3	4
117.I need to avoid situations in which I am the center of attention; I should be behind the scenes. (II)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
118.I don't have to follow the rules for other people. (VII)	1	2	3	3
119.It is OK to do what I do as long as I get away with it. (I)	1	2	3	4
120.If I don't keep others focused on me, they won't like being around me. (VI)	1	2	3	4
121.I must always be subservient, in order to maintain relationships. (V)	1	2	3	4

122.I would rather not try something new than fail at something. (II)	1	2	3	4
123.I have every reason to expect wonderful things for myself, since I am so special. (VII)	1	2	3	4
124.I've been treated badly, so whatever I need to do to get what I need is OK. (I)	1	2	3	4
125.My "gut" feelings tell what I need to do; that's more important than thinking through problems. (VI)	1	2	3	4
126.I never make decisions on my own, I always need support. (V)	1	2	3	4
127.Unpleasant feelings usually escalate and then get out of control...and get worse. (II)	1	2	3	4
128.My needs are more important, and others needs shouldn't interfere. (VII)	1	2	3	4
129.I will con people to get whatever I need; it's not a problem. (I)	1	2	3	4
130.I should be the center of attention, living life up. (VI)	1	2	3	4
131.If I am on my own without support, something will happen to me. (V)	1	2	3	4
132.If people get to know me, they will know I am inferior; that is intolerable. (II)	1	2	3	4
133.Since I am so talented and gifted, others should promote (help) me get what I want. (VII)	1	2	3	4
134.Others should not criticize me; if they do it's because they usually can't understand me. (VII)	1	2	3	4
135.If people don't care for themselves, whatever happens to them is their problem. (I)	1	2	3	4
136.Circumstances dictate how I feel and behave. (VI)	1	2	3	4
137.When I am abandoned I feel like life is over. (V)	1	2	3	4
138.If people do not show me respect and give me what I am entitled to, it is intolerable for me. (VII)	1	2	3	4
139.Most of my relationships with people are extremely intimate, because people love to be around me or with me. (VI)	1	2	3	4
140.I am happiest when people pay attention to me. (VI)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
141.I cannot handle my life without support. (V)	1	2	3	4
142.I am needy and weak inside, no matter what others see. (V)	1	2	3	4
143.Since I am so special, rules should not apply to me. (VII)	1	2	3	4
144.I tell a girl/boy anything I need to get sex, or what I want. (I)	1	2	3	4
145.I always look good and people check out what I am wearing. (VI)	1	2	3	4

146.I must be subservient to all in authority; I cannot make it on my own. (V)	1	2	3	4
147.People criticize me or annoy me because I am so special. (VII)	1	2	3	4
148.I don't need to work to achieve; things should come my way because I deserve it. (VII)	1	2	3	4
149.If he/she was in my way then I would have hurt him/her. (I)	1	2	3	4
150.It is easy for others to want to be sexual with me; they know how good I am. (VI)	1	2	3	4
151.Whenever I end a relationship I immediately find a new one. (V)	1	2	3	4
152.Any difficulties in a relationship mean that "it has gone bad" and I must end the relationship. (II)	1	2	3	4
153.Most people are not as gifted as I am, and my behavior lets them know it. (VII)	1	2	3	4
154.Whenever I am not getting attention, I am bored. (VI)	1	2	3	4
155.Being alone is terrible. (V)	1	2	3	4
156.If I don't "take care" of them first, then they will get me. (I)	1	2	3	4
157.Most of my peers would rather be me ... than themselves. (VII)	1	2	3	4
158.People listen to me because I impress them with my speech and language. (VI)	1	2	3	4
159.I cannot cope like others, I need support. (V)	1	2	3	4
160.Others' feelings are not as important as achieving a goal for myself. (VII)	1	2	3	4
161.If I don't dress well, people won't notice me. (VI)	1	2	3	4
162.I enjoy relationships, but I am unwilling to pay the price to remain in them. (V)	1	2	3	4
163.If other people get any information on me, they will use it against me. (X)	1	2	3	4
164.Other people expect too much from me. (XI)	1	2	3	4
165.My way of doing things is the best way; others do not do things as well as I do. (VIII)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
166.If you disagree with me, you'll pay. (IX)	1	2	3	4
167.Stealing or breaking into someone else's house is OK if I need money (or something). (IV)	1	2	3	4
168.My friends will sell me out if the price is right. (X)	1	2	3	4
169.Rules are not important and smother. (XI)	1	2	3	4
170.Without details, nothing will work. (VIII)	1	2	3	4

171.I see their disagreement as a never-ending personal attack. (IX)	1	2	3	4
172.Whatever I have to say or tell others is OK as long as it gets me what I want. (IV)	1	2	3	4
173.If I act too friendly, others will see my weakness and exploit me. (X)	1	2	3	4
174.If others are too bossy and demanding, I don't have to follow them. (XI)	1	2	3	4
175.If I don't control my emotions, I am flawed. (VIII)	1	2	3	4
176.I need not respect adults; they do not know any more than I do. (IX)	1	2	3	4
177.I will sneak around and take or steal what I need. (IV)	1	2	3	4
178.Anyone who insults me, will never get a second chance, I will keep him or her away. (X)	1	2	3	4
179.Authority figures tend to be controlling/demanding and act like they are in control. (XI)	1	2	3	4
180.If people are too bossy or demanding, I do not need to listen to them. (VIII)	1	2	3	4
181.I only do what I choose; adult needs or requests are not important. (IX)	1	2	3	4
182.My priorities involve my own wants and needs at the time. (IV)	1	2	3	4
183.Others always have hidden motives and I cannot really trust anyone. (X)	1	2	3	4
184.If I don't want to do something my mood changes and I withdraw emotionally. (XI)	1	2	3	4
185.People in authority are too demanding, bossy, and intrusive. (VIII)	1	2	3	4
186.I amuse myself by any means I choose, even if I demean someone.(People are my amusement).(IX)	1	2	3	4
187.If parents or authority figures do not what I want, I will run away. (IV)	1	2	3	4
188.If I let others know "who I am" they'll know my weaknesses and use them against me. (X)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
189.I never like to show my anger directly but others know when I am angry. (XI)	1	2	3	4
190.I must do things my way or they won't work. (VIII)	1	2	3	4
191.Errors that I make are because of someone else's doing. (IX)	1	2	3	4
192.I don't need to go to school, I'd rather do what's important to me. (IV)	1	2	3	4
193.Others often communicate threats hidden in normal conversations. (X)	1	2	3	4
194.Others should not tell me what to do, I will eventually do what I want to do anyway. (XI)	1	2	3	4

195.I can decide what is best for me, if others do I get annoyed. (VIII)	1	2	3	4
196.If you mess with me I'll make you pay. (IX)	1	2	3	4
197.Animals do not have feelings, they are here for my use. (IV)	1	2	3	4
198.Those who attempt to attack me won't get a second chance, I will get them. (X)	1	2	3	4
199.I have to keep myself from being dominated by authority figures, while gaining their acceptance and approval. (XI)	1	2	3	4
200.To be successful, I need organization and control. (VIII)	1	2	3	4
201.Getting even is important. (IX)	1	2	3	4
202.Others often attempt to get over on me by exploiting or harming me in some way. (X)	1	2	3	4
203.I really am self-sufficient but I often need others' help to reach my goals. (XI)	1	2	3	4
204.Any mistakes I make are catastrophic. (VIII)	1	2	3	4
205.Others' mistakes have created my problems. (IX)	1	2	3	4
206.Authority figures usually stifle my creativity and prevent my progress toward goals. (XI)	1	2	3	4
207.People who annoy me get what they deserve. (IX)	1	2	3	4
208.Guidelines or demands are for others and are insults to me. (XI)	1	2	3	4
209.It is ok to bother people when I am in the mood. (IX)	1	2	3	4

Scoring the CCBO:Circle all beliefs endorsed as *always* or *4*:

I	II	III
5, 16, 27, 38, 49, 60, 71, 88, 94, 100, 110, 114, 119, 124, 129, 135, 144, 149, 156	3, 14, 25, 36, 47, 58, 69, 79, 86, 92, 98, 102, 105, 107, 117, 122, 127, 132, 152	1, 12, 23, 34, 45, 56, 61, 67, 74, 77, 81, 85, 91, 97, 101, 104, 106, 108, 112
IV	V	VI
4, 15, 26, 37, 48, 59, 70, 80, 87, 93, 99, 103, 167, 172, 177, 182, 187, 192, 197	2, 13, 24, 35, 46, 57, 68, 78, 116, 121, 126, 131, 137, 141, 142, 146, 151, 155, 159, 162	7, 18, 29, 40, 51, 62, 72, 115, 120, 125, 130, 136, 139, 140, 145, 150, 154, 158, 161
VII	VIII	IX
6, 17, 28, 39, 50, 111, 113, 118, 123, 128, 133, 134, 138, 143, 147, 148, 153, 157, 160	8, 19, 30, 41, 52, 63, 73, 82, 89, 95, 165, 170, 175, 180, 185, 190, 195, 200, 204	11, 22, 33, 44, 55, 66, 76, 84, 166, 171, 176, 181, 186, 191, 196, 201, 205, 207, 209
X	XI	
10, 21, 32, 43, 54, 65, 75, 83, 90, 96, 163, 168, 173, 178, 183, 188, 193, 198, 202	9, 20, 31, 42, 53, 64, 109, 162, 164, 169, 174, 179, 184, 189, 194, 199, 203, 206, 208	

Circle all beliefs endorsed as *almost always* or *3*:

I	II	III
5, 16, 27, 38, 49, 60, 71, 88, 94, 100, 110, 114, 119, 124, 129, 135, 144, 149, 156	3, 14, 25, 36, 47, 58, 69, 79, 86, 92, 98, 102, 105, 107, 117, 122, 127, 132, 152	1, 12, 23, 34, 45, 56, 61, 67, 74, 77, 81, 85, 91, 97, 101, 104, 106, 108, 112
IV	V	VI
4, 15, 26, 37, 48, 59, 70, 80, 87, 93, 99, 103, 167, 172, 177, 182, 187, 192, 197	2, 13, 24, 35, 46, 57, 68, 78, 116, 121, 126, 131, 137, 141, 142, 146, 151, 155, 159, 162	7, 18, 29, 40, 51, 62, 72, 115, 120, 125, 130, 136, 139, 140, 145, 150, 154, 158, 161
VII	VIII	IX
6, 17, 28, 39, 50, 111, 113, 118, 123, 128, 133, 134, 138, 143, 147, 148, 153, 157, 160	8, 19, 30, 41, 52, 63, 73, 82, 89, 95, 165, 170, 175, 180, 185, 190, 195, 200, 204	11, 22, 33, 44, 55, 66, 76, 84, 166, 171, 176, 181, 186, 191, 196, 201, 205, 207, 209
X	XI	
10, 21, 32, 43, 54, 65, 75, 83, 90, 96, 163, 168, 173, 178, 183, 188, 193, 198, 202	9, 20, 31, 42, 53, 64, 109, 162, 164, 169, 174, 179, 184, 189, 194, 199, 203, 206, 208	

Circle all beliefs endorsed as *sometimes* or 2:

I
5, 16, 27, 38, 49, 60, 71,
88, 94, 100, 110, 114, 119,
124, 129, 135, 144, 149, 156

II
3, 14, 25, 36, 47, 58, 69,
79, 86, 92, 98, 102, 105,
107, 117, 122, 127, 132, 152

III
1, 12, 23, 34, 45, 56, 61,
67, 74, 77, 81, 85, 91, 97,
101, 104, 106, 108, 112

IV
4, 15, 26, 37, 48, 59, 70,
80, 87, 93, 99, 103, 167,
172, 177, 182, 187, 192, 197

V
2, 13, 24, 35, 46, 57, 68,
78, 116, 121, 126, 131, 137,
141, 142, 146, 151, 155, 159,
162

VI
7, 18, 29, 40, 51, 62, 72,
115, 120, 125, 130, 136, 139,
140, 145, 150, 154, 158, 161

VII
6, 17, 28, 39, 50, 111, 113,
118, 123, 128, 133, 134, 138,
143, 147, 148, 153, 157, 160

VIII
8, 19, 30, 41, 52, 63, 73,
82, 89, 95, 165, 170, 175,
180, 185, 190, 195, 200, 204

IX
11, 22, 33, 44, 55, 66, 76,
84, 166, 171, 176, 181, 186,
191, 196, 201, 205, 207, 209

X
10, 21, 32, 43, 54, 65, 75,
83, 90, 96, 163, 168, 173,
178, 183, 188, 193, 198, 202

XI
9, 20, 31, 42, 53, 64, 109,
162, 164, 169, 174, 179, 184,
189, 194, 199, 203, 206, 208

Resident Name _____

Date _____

Therapist Name _____

PROFILE CHART

	PERSONALITY DISORDER	# OF 4'S ENDORSED	# OF 3'S ENDORSED	# OF 2'S ENDORSED	TOTAL
I	Antisocial Personality Disorder				
II	Avoidant Personality Disorder				
III	Borderline Personality Disorder				
IV	Conduct Disorder				
V	Dependent Personality Disorder				
VI	Histrionic Personality Disorder				
VII	Narcissistic Personality Disorder				
VIII	Obsessive-Compulsive Disorder				
IX	Oppositional Defiant Disorder				
X	Paranoid Personality Disorder				
XI	Passive Aggressive Personality Disorder				

**COMPOUND CORE BELIEFS QUESTIONNAIRE (CCBQ):
SHORT VERSION**

Name _____

Date _____

Please read the statements below and circle HOW OFTEN YOU ENDORSE EACH ONE.

	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
1. Everyone betrays my trust. I cannot trust anyone. (III)	1	2	3	4
2. If I am not loved, I am unhappy. (V)	1	2	3	4
3. I am so exciting, others always want to be with me. (VI)	1	2	3	4
4. I cannot trust others, they will hurt me. (X)	1	2	3	4
5. If I trust someone today, they will betray me later. (III)	1	2	3	4
6. I am only fulfilled by being with a strong person. (V)	1	2	3	4
7. Others are critical, thereby they will reject me. (II)	1	2	3	4
8. There is no problem if others don't know I did something. (I)	1	2	3	4
9. Other people have hidden motives and want something from me. (X)	1	2	3	4
10. Whenever I hope, I will become disappointed. (III)	1	2	3	4
11. Others make better decisions than I; I can not make up my mind. (V)	1	2	3	4
12. When I feel, it may be unpleasant. (II)	1	2	3	4
13. Unless you have a videotape of me, you cannot prove I did it. (I)	1	2	3	4
14. If you criticize me, you are against me. (VII)	1	2	3	4
15. If I don't make myself known, others will not know how special I am. (VI)	1	2	3	4
16. Things never work out for me, I never get a break. (XI)	1	2	3	4
17. If I am not on guard, others will take advantage of me. (X)	1	2	3	4
18. I am so brilliant and special, only a "gifted" few understand me. (VII)	1	2	3	4
19. When I am bored, I need to become the center of attention. (VI)	1	2	3	4
20. If I give others the chance, they will hurt me. (X)	1	2	3	4
21. When I am angry, my emotions are extreme and out of control. (III)	1	2	3	4
22. Others are stronger and I need them to cope. (V)	1	2	3	4
23. I am inadequate; I will do whatever I must to hide it. (II)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>

			<i>Always</i>	
24. My “inner feelings” and intuition are all I need, rational thinking doesn’t help. (VI)	1	2	3	4
25. When I get angry, my emotions go from annoyed to furious. (III)	1	2	3	4
26. If I am afraid something will be unpleasant, I will avoid it. (II)	1	2	3	4
27. Others are unreliable, will let me down, or reject me. I need to protect myself. (III)	1	2	3	4
28. When others are paying attention to me, I am never bored. (VI)	1	2	3	4
29. Others may demand, but I do things my way. (XI)	1	2	3	4
30. If I let others know me, they will take advantage and hurt me. (X)	1	2	3	4
31. When I hurt emotionally, I do whatever it takes to feel better. (III)	1	2	3	4
32. Anything is better than feeling unpleasant. (II)	1	2	3	4
33. If I act silly and entertain people, they won’t notice my weaknesses. (VI)	1	2	3	4
34. If I let others know information about me, they will use it against me. (X)	1	2	3	4
35. If others notice me, they will see my inadequacies. (II)	1	2	3	4
36. People tell me or say things to me, and mean something else. (X)	1	2	3	4
37. Life at times feels like an endless series of disappointments followed by pain. (III)	1	2	3	4
38. If I feel bad, I can’t control it. (II)	1	2	3	4
39. I can do what I want, consequences don’t effect me directly unless I am caught. (I)	1	2	3	4
40. Consequences only matter when I am caught. They are for others. (I)	1	2	3	4
41. If others think they can get away with taking advantage of me, they will use me and information about me. (X)	1	2	3	4
42. If I don’t take what I want, I won’t get what I need; and I deserve it. (I)	1	2	3	4
43. I try to control and not to show my grieving, loss, sadness, but eventually it comes out in a rush of emotions.(III)	1	2	3	4
44. If I don’t think about or deal with a problem, it is not real. (II)	1	2	3	4
45. People are not worth being around if they criticize me. (II)	1	2	3	4
46. My feelings about myself are so poor that I will do whatever I need to do to compensate for this. (III)	1	2	3	4
47. Whenever I try to feel better, I will make things worse and feel more pain eventually. (III)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>

48. If they ask me to do something I don't want to do, I'll pay them back. (XI)	1	2	3	4
49. I do it because I can, I deserve to get what I want. (I)	1	2	3	4
50. Whenever I need someone they are not there for me, there is no one I can count on. (III)	1	2	3	4
51. Rules are for others. (VII)	1	2	3	4
52. If people don't respond positively to me, they are not important. (VI)	1	2	3	4
53. I need to avoid situations in which I am the center of attention; I should be behind the scenes. (II)	1	2	3	4
54. I don't have to follow the rules for other people. (VII)	1	2	3	4
55. It is OK to do what I do as long as I get away with it. (I)	1	2	3	4
56. I would rather not try something new than fail at something. (II)	1	2	3	4
57. I have every reason to expect wonderful things for myself, since I am so special. (VII)	1	2	3	4
58. I've been treated badly, so whatever I need to do to get what I need is OK. (I)	1	2	3	4
59. My "gut" feelings tell what I need to do; that's more important than thinking through problems. (VI)	1	2	3	4
60. I never make decisions on my own, I always need support. (V)	1	2	3	4
61. Unpleasant feelings usually escalate and then get out of control...and get worse. (II)	1	2	3	4
62. My needs are more important, and others needs shouldn't interfere. (VII)	1	2	3	4
63. I will con people to get whatever I need; it's not a problem. (I)	1	2	3	4
64. Since I am so talented and gifted, others should promote (help) me get what I want. (VII)	1	2	3	4
65. Others should not criticize me; if they do it's because they usually can't understand me. (VII)	1	2	3	4
66. If people don't care for themselves, whatever happens to them is their problem. (I)	1	2	3	4
67. Circumstances dictate how I feel and behave. (VI)	1	2	3	4
68. When I am abandoned I feel like life is over. (V)	1	2	3	4
69. If people do not show me respect and give me what I am entitled to, it is intolerable for me. (VII)	1	2	3	4
	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
70. Most of my relationships with people are extremely intimate, because people love	1	2	3	4

to be around me or with me. (VI)

71. I am happiest when people pay attention to me. (VI)	1	2	3	4
72. I cannot handle my life without support. (V)	1	2	3	4
73. I am needy and weak inside, no matter what others see. (V)	1	2	3	4
74. I tell a girl/boy anything I need to get sex, or what I want. (I)	1	2	3	4
75. I must be subservient to all in authority; I cannot make it on my own. (V)	1	2	3	4
76. I don't need to work to achieve; things should come my way because I deserve it. (VII)	1	2	3	4
77. Whenever I end a relationship I immediately find a new one. (V)	1	2	3	4
78. Most people are not as gifted as I am, and my behavior lets them know it. (VII)	1	2	3	4
79. Whenever I am not getting attention, I am bored. (VI)	1	2	3	4
80. Being alone is terrible. (V)	1	2	3	4
81. If I don't "take care" of them first, then they will get me. (I)	1	2	3	4
82. I cannot cope like others, I need support. (V)	1	2	3	4
83. Others' feelings are not as important as achieving a goal for myself. (VII)	1	2	3	4
84. If other people get any information on me, they will use it against me. (X)	1	2	3	4
85. Other people expect too much from me. (XI)	1	2	3	4
86. If others are too bossy and demanding, I don't have to follow them. (XI)	1	2	3	4
87. Authority figures tend to be controlling/demanding and act like they are in control. (XI)	1	2	3	4
88. Others always have hidden motives and I cannot really trust anyone. (X)	1	2	3	4
89. If I don't want to do something my mood changes and I withdraw emotionally. (XI)	1	2	3	4
90. If I let others know "who I am" they'll know my weaknesses and use them against me. (X)	1	2	3	4
91. I never like to show my anger directly but others know when I am angry. (XI)	1	2	3	4
92. Others should not tell me what to do, I will eventually do what I want to do anyway. (XI)	1	2	3	4

	<i>Never</i>	<i>Sometimes</i>	<i>Almost Always</i>	<i>Always</i>
93. I have to keep myself from being dominated by authority figures, while gaining their acceptance and approval. (XI)	1	2	3	4

94. Others often attempt to get over on me by exploiting or harming me in some way. (X)	1	2	3	4
95. I really am self-sufficient but I often need others' help to reach my goals. (XI)	1	2	3	4
96. Authority figures usually stifle my creativity and prevent my progress toward goals. (XI)	1	2	3	

Scoring the CCBO:

Circle all beliefs endorsed as *always* or *4*:

- | | | |
|--|---|---|
| I | II | III |
| 8, 13, 39, 40, 42, 49, 55, 58, 63, 66,
74, 81 | 7, 12, 23, 26, 32, 35, 38, 44, 45, 53,
56, 61 | 1, 5, 10, 21, 25, 27, 31, 37, 43, 46,
47, 50 |
| IV | V | VI |
| 2, 6, 11, 22, 60, 68, 72, 73, 75, 77,
80, 82 | 3, 15, 19, 24, 28, 33, 52, 59, 67, 70,
71, 79 | 14, 18, 51, 54, 57, 62, 64, 65, 69,
76, 78, 83 |
| VII | VIII | IX |
| 4, 9, 17, 20, 30, 34, 36, 41, 84, 88,
90, 94 | 16, 29, 48, 85, 86, 87, 89, 91, 92,
93, 95, 96 | |
| X | XI | |

Circle all beliefs endorsed as *almost always* or *3*:

- | | | |
|--|---|---|
| I | II | III |
| 8, 13, 39, 40, 42, 49, 55, 58, 63, 66,
74, 81 | 7, 12, 23, 26, 32, 35, 38, 44, 45, 53,
56, 61 | 1, 5, 10, 21, 25, 27, 31, 37, 43, 46,
47, 50 |
| IV | V | VI |
| 2, 6, 11, 22, 60, 68, 72, 73, 75, 77,
80, 82 | 3, 15, 19, 24, 28, 33, 52, 59, 67, 70,
71, 79 | 14, 18, 51, 54, 57, 62, 64, 65, 69,
76, 78, 83 |
| VII | VIII | IX |
| 4, 9, 17, 20, 30, 34, 36, 41, 84, 88,
90, 94 | 16, 29, 48, 85, 86, 87, 89, 91, 92,
93, 95, 96 | |
| X | XI | |

Circle all beliefs endorsed as *sometimes* or 2:

- | | | |
|--|---|---|
| I | II | III |
| 8, 13, 39, 40, 42, 49, 55, 58, 63, 66,
74, 81 | 7, 12, 23, 26, 32, 35, 38, 44, 45, 53,
56, 61 | 1, 5, 10, 21, 25, 27, 31, 37, 43, 46,
47, 50 |
| IV | V | VI |
| 2, 6, 11, 22, 60, 68, 72, 73, 75, 77,
80, 82 | 3, 15, 19, 24, 28, 33, 52, 59, 67, 70,
71, 79 | 14, 18, 51, 54, 57, 62, 64, 65, 69,
76, 78, 83 |
| VII | VIII | IX |
| 4, 9, 17, 20, 30, 34, 36, 41, 84, 88,
90, 94 | 16, 29, 48, 85, 86, 87, 89, 91, 92,
93, 95, 96 | |
| X | XI | |

Resident Name _____

Date _____

Therapist Name _____

PROFILE CHART

	PERSONALITY DISORDER	# OF 4'S ENDORSED	# OF 3'S ENDORSED	# OF 2'S ENDORSED	TOTAL
I	Antisocial Personality Disorder				
II	Avoidant Personality Disorder				
III	Borderline Personality Disorder				
IV	Conduct Disorder				
V	Dependent Personality Disorder				
VI	Histrionic Personality Disorder				
VII	Narcissistic Personality Disorder				
VIII	Obsessive-Compulsive Disorder				
IX	Oppositional Defiant Disorder				
X	Paranoid Personality Disorder				
XI	Passive Aggressive Personality Disorder				

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