**APPENDIX 1**

EXAMPLES OF IRRATIONAL BELIEFS ON COMPETENCE (CIB), IRRATIONAL BELIEFS ON AUTONOMY (AIB), IRRATIONAL BELIEFS ON RELATEDNESS (RIB) (Please note that there are 3 CIB, 3 AIB and 3 RIB in the scale):

**Example items of Competence Irrational Beliefs (CIB)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activating Event 1**  **I couldn’t finish a task which was assigned to me.**  Imagine this activating event as much as possible and please choose the answer that best describes your thoughts.  What would be your evaluation of this situation? | **Disagree Very Strongly** | **Disagree Strongly** | **Agree** | **Agree Strongly** | **Agree Very Strongly** |
| 1. I must be skillful | **1** | **2** | **3** | **4** | **5** |
| 1. If I am not skilful it is catastrophic. | **1** | **2** | **3** | **4** | **5** |
| 1. I cannot stand when I realize I am not skillful | **1** | **2** | **3** | **4** | **5** |
| 1. I believe I am a worthless person when I realize I am not skillful. | **1** | **2** | **3** | **4** | **5** |
| 1. I believe life is a worthless person when I realize I am not skillful. | **1** | **2** | **3** | **4** | **5** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activating Event 2**  **“What you are doing in your free times has been managed by your parents, and they decide what you are going to do in those times”**  Imagine this activating event as much as possible and please choose the answer that best describes your thoughts.What would be your evaluation of this situation? | **Disagree Very Strongly** | **Disagree Strongly** | **Agree** | **Agree Strongly** | **Agree Very Strongly** |
| 1. I definitely shouldn’t be restricted . | **1** | **2** | **3** | **4** | **5** |
| 2. Being restricted is catastrophic/awful. | **1** | **2** | **3** | **4** | **5** |
| 3. I cannot stand when I am restricted. | **1** | **2** | **3** | **4** | **5** |
| 4. In such situations I believe that I am not worthy. | **1** | **2** | **3** | **4** | **5** |
| 5. In such situations I believe that life is not worthy. | **1** | **2** | **3** | **4** | **5** |
| 6. In such situations I believe that who restricting me from is unworthy. | **1** | **2** | **3** | **4** | **5** |

**Example items of Autonomy Irrational Beliefs (AIB)**

**Example items of Relatedness Irrational Beliefs (RIB)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Activating Event 3**  **“My best friend is totally ignoring me and hanging out with another girl/guy”.**  Imagine this activating event as much as possible and please choose the answer that best describes your thoughts.  What would be your evaluation of this situation? | **Disagree Very Strongly** | **Disagree Strongly** | **Agree** | **Agree Strongly** | **Agree Very Strongly** |
| 1. She/he must hang out with me. | **1** | **2** | **3** | **4** | **5** |
| 2. If she/he doesn’t hang out with me it is catastrophic/awful. | **1** | **2** | **3** | **4** | **5** |
| 3. I cannot stand when she/he hangs out with other girl/guy. | **1** | **2** | **3** | **4** | **5** |
| 4. In such situations I believe that I am worthless. | **1** | **2** | **3** | **4** | **5** |
| 5. In such situations I believe that life is worthless. | **1** | **2** | **3** | **4** | **5** |
| 6. In such situations I believe that she/he is worthless. | **1** | **2** | **3** | **4** | **5** |