

# STEMS FORM

**Please read these and put down whatever comes to your mind. Do not spend too much time – just let it be a free association kind of answer.**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

I cut off my feelings because \_\_\_\_\_

I feel safe when \_\_\_\_\_

If I ever lose control \_\_\_\_\_

If you ever really got to know me \_\_\_\_\_

So long as I stay busy I \_\_\_\_\_

If I ever really let – go I \_\_\_\_\_

I should be stronger because \_\_\_\_\_

If I ever let my anger out \_\_\_\_\_

If I ever felt all of my sad feelings \_\_\_\_\_

I don't experience joyful feelings because \_\_\_\_\_

When I experience my sexual feelings I \_\_\_\_\_

On the one hand I feel \_\_\_\_\_ On the other hand I feel \_\_\_\_\_

I feel helpless and \_\_\_\_\_

I feel sick at heart because \_\_\_\_\_

If you really love me you'll \_\_\_\_\_

Every time you punish me \_\_\_\_\_

I feel sexually aroused when \_\_\_\_\_

If I ever release my anger \_\_\_\_\_

If I ever assert myself \_\_\_\_\_

When I fall in love I feel \_\_\_\_\_

I feel guilty because \_\_\_\_\_

I feel guilty about \_\_\_\_\_

When I grow up \_\_\_\_\_

The reason I am here is \_\_\_\_\_