



**Checklist of reasons for not completing the homework tasks**  
 (Adapted from Beck et al, 1979)

Tick the correct response

<p><b>true</b></p> 	<p><b>false</b></p> 	<p><b>reasons</b></p>
		<p>what's the point? nothing I do will help me feel better...</p>
		<p>I don't understand how this task will help me feel better</p>
		<p>I don't know why the CBT therapist has asked me to do this</p>
		<p>I forgot to do the homework</p>
		<p>I don't think the homework is helpful</p>
		<ul style="list-style-type: none"> <li>• I did not have time to do the homework</li> <li>• I was too busy</li> </ul>
		<p>I thought I might get it wrong</p>
		<p>I didn't feel like doing the homework task</p>
		<p>I don't like doing what the CBT therapist tells me</p>

