

# NEC 18 QUESTIONNAIRE

Name (Please PRINT) \_\_\_\_\_ Date \_\_\_\_\_

18 Question NEC quantifying scale v1.2

Please answer all 18 questions.

Have you often watched yourself do something like eat a big dessert, even though you *know without a doubt* this behavior is not good for you to do so?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Do you have bodily symptoms, which can get better for a short while after treatment but then always return?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Do you have fearfulness or discomfort with "putting yourself out there", which prevents you from being successful?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Have you ever watched yourself get upset with a significant other over the same subject material time and time again?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Do you feel people frequently misunderstand you?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Do you have a health problem for which no traditional medical tests have seemed to verify or diagnose?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Have you observed yourself going through a particular pattern of failures (such as jobs not working out or relationships ending in an unsatisfactory way) time and time again?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Have you been under some sort of psychotherapy for a problem you now feel you intellectually understand, yet are still unable to make the changes in your life you feel are necessary?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Have you often gotten disgusted with yourself, even to the point of feeling that you are somehow fundamentally flawed?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Are you having (an ongoing) difficulty resolving a conflict with another person?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10



Have you asked yourself with true perplexity, "Why do I do this?" ["this" being something you don't want to do or keep doing]

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Have you had many seemingly conflicting medical diagnoses?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Are you forever frustrated at earnestly and industriously, trying to please someone in a relationship (including bosses and loved ones) and yet always failing in almost the same way?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Do you often "shoot yourself in the foot" in life?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Are you having difficulty attaining personal goals?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Has anyone close to you ever told you your body symptoms get worse when you are under a general or specific type of stress?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Do you feel trapped, out of options, in your work or personal life?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Do you often experience uncomfortable anger or emotional upsetness, but are not sure why?

Seems true      Seems partially true      Seems unlikely to be true      Seems untrue  
1      2      3      4      5      6      7      8      9      10

Please add any comments these questions may have stimulated.

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*Thank You*

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