

Dynamic Thinking Questionnaire.

(Circle which applies to you most. Score 1 to 5 from left to right).

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree	Scoring 1-5
Date:		•	•	•	•	•	
Biases	1	I rarely find it hard to change my beliefs after I have new information.					
		•	•	•	•	•	
Mind Flexibility	2	I can see how changing the way I think is good for me.					
		•	•	•	•	•	
Negative voice	3	I rarely over-think things and am quite rational.					
		•	•	•	•	•	
Dynamic Mind	4	I am always curious and open to new ways of thinking.					
		•	•	•	•	•	
Default Thinking	5	I understand what my maladaptive ways of thinking are and have ideas on where they originated from.					
		•	•	•	•	•	
Dynamic Mind	6	My actions demonstrate how I have changed my thought processes.					

A high score means you have high levels of Dynamic Thinking.
 A low score means you have room to improve and develop your Dynamic Thinking. Total Score:.....