Bochum Change Form 2000 (BVB-2000)

Name: .....

Date: .....

Please imagine the **time directly before you started therapy**.

Think about what you were doing at that time and how you felt.

Please review the period from then until today for the questions below.

For each of the following questions, please consider whether you have experienced any changes since the start of therapy in one or the other direction of the questions. Please indicate the extent of change in either direction by checking the corresponding number. Here is an example:



I have become calmer. 1 2 3 4 5 6 7 I have become more restless.

In case you have not experienced any change since you started therapy —that is, if you have become neither calmer nor more restless — please check “4.”

In case the statement that you have become calmer since you started therapy applies to you fully, please check “1.”

In case the statement that you have become more restless since starting therapy is entirely true, please check “7.”

Please answer all questions promptly and spontaneously!

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Compared to the time directly before starting therapy… 			
1.	...I feel more stressed.	1 2 3 4 5 6 7	...I feel less stressed.
2.	… I feel more like I'm stuck in a dead end with no way out.	1 2 3 4 5 6 7	...I feel less like I am stuck in a dead end with no way out.
3.	...life feels less meaningful to me.	1 2 3 4 5 6 7	...life seems more meaningful to me.
4.	...I am more satisfied with myself.	1 2 3 4 5 6 7	…I am less satisfied with myself.
5.	...I am more relaxed when facing difficulties.	1 2 3 4 5 6 7	...I tend to get more stressed when facing difficulties.
6.	...I have become calmer inside.	1 2 3 4 5 6 7	...I have become more restless inside.
7.	...I have less stamina.	1 2 3 4 5 6 7	...I have more stamina.
8.	...I give up more easily.	1 2 3 4 5 6 7	...I give up less easily.
9.	...my mood fluctuates more now.	1 2 3 4 5 6 7	...my mood fluctuates less now.
10.	...I feel more confident now.	1 2 3 4 5 6 7	...I feel less confident now.
11.	...I am calmer around other people now.	1 2 3 4 5 6 7	...I feel more tense around other people now.
12.	...the future worries me less now.	1 2 3 4 5 6 7	...the future worries me more now.
13.	...I am more at ease with unexpected events now.	1 2 3 4 5 6 7	...I am less at ease with unexpected events now.
14.	...I feel more isolated than I used to.	1 2 3 4 5 6 7	...I feel less isolated than I used to.

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Compared to the time directly before starting therapy… 			
15.	… sometimes I just don't know how to move forward anymore.	1 2 3 4 5 6 7	...I often have a better idea of how to move forward now.
16.	...I can talk more freely now.	1 2 3 4 5 6 7	... I find it harder to talk freely now.
17.	...I feel more free more.	1 2 3 4 5 6 7	…I feel less free now.
18.	...I find it harder to connect with people of the opposite sex now.	1 2 3 4 5 6 7	...I find it easier to connect with people of the opposite sex now.
19.	...my difficulties interacting with other people have increased.	1 2 3 4 5 6 7	...my difficulties interacting with other people have decreased.
20.	...I am more relaxed.	1 2 3 4 5 6 7	...I am more tense.
21.	...I feel more balanced.	1 2 3 4 5 6 7	...I feel less balanced.
22.	...I feel less insecure when talking to others now."	1 2 3 4 5 6 7	...I feel more insecure when talking to others now.
23.	...I am less at peace with myself now.	1 2 3 4 5 6 7	...I am more at peace with myself now.
24.	...I find it easier to cope with the challenges of everyday life now.	1 2 3 4 5 6 7	...I find it harder to cope with the challenges of everyday life now.
25.	...confident people don't make me feel that insecure anymore.	1 2 3 4 5 6 7	...confident people make me feel more insecure now.
26.	...I find it easier to talk to other people now.	1 2 3 4 5 6 7	...I find it harder to talk to other people now.

Thank you very much for your participation!

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