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# Appendix D

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**The Relation Among Thought Suppression, Forgetting, and Mental Health**

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# Cambridge Selective Forgetting Inventory

*Number of Items: 32*

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1.1 People have ..... told me about negative event(s) that I experienced but that I now cannot remember at all.

- never
  - sometimes
  - often
  - very often
- 

2.1 To forget about the upsetting parts of an unpleasant event, I ..... focus on the good aspects.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

3.1 I ..... actively avoid things or people that remind me of an unpleasant past event.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

5.1 I ..... forget details of unpleasant events that others remember well.

- rarely or never
  - occasionally
  - often
  - almost always or always
-

7.1 Unlike things that I enjoy, I ..... forget to do unpleasant tasks, even when reminded of their importance.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

6.1 There are ..... unpleasant windows of time in my life that I cannot recall even if I try really hard.

- no
  - a few
  - some
  - many
- 

9.1 I have had ..... unpleasant event/s from my past resurface after a long period in which I was unaware of it/them.

- no
  - one
  - a few
  - many
- 

1.2 I ..... forget entire negative events.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

3.2 When someone upsets me, I ..... steer clear of things that remind me of them.

- rarely or never
  - occasionally
  - often
  - almost always or always
-

4.2 I can ..... stop thinking about an unpleasant memory if I need to, without having to distract myself.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

3.3 If something upsetting happens, I ..... avoid returning to where it happened.

- do not actively
  - occasionally
  - often
  - almost always or always
- 

4.3 When I experience reminders of an unpleasant event, I can ..... stop myself from “going there”.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

9.2 I believe that I have repressed ..... unpleasant experience(s) which was/were then recovered months or years later.

- no
  - one
  - a few
  - many
- 

7.2 I ..... forget to do unpleasant tasks even when asked several times.

- rarely or never
  - occasionally
  - often
  - almost always or always
-

2.2 To stop dwelling on an upsetting event, I ..... try to identify lessons I learned from it.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

5.2 After an argument with someone, I ..... rapidly forget the details.

- rarely or never
  - sometimes
  - often
  - almost always or always
- 

6.2 After age 6, I have ..... had unpleasant "blank period(s)" with few or no memories.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

1.3 I ..... forget my own negative experiences, but easily remember those of other people.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

6.3 I have ..... spans of time missing from my memory for an unpleasant life period.

- no
  - small (minutes to hours)
  - medium (days to weeks)
  - large (months to years)
-

5.3 Unlike the positive events in my life, I ..... have particular difficulty remembering the details of negative events.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

4.4 I can ..... keep unpleasant experiences out of mind, even when I look directly at reminders.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

6.4 There are ..... unpleasant times in my life that I cannot recall, even though I can remember before and after them normally.

- no
  - a few
  - some
  - many
- 

2.6 I ..... forget about upsetting failures by focusing on my successes.

- rarely or never
  - occasionally
  - often
  - almost always or always
-

4.5 When an unpleasant memory intrudes upon my thoughts, I can ..... brush it away and continue what I was doing.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

4.6 If a memory reduces my confidence or mood, I am ..... able to blank it from my mind to help me stay motivated.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

5.4 I can ..... remember my negative experiences in detail. (*Reverse Coded*)

- never
  - rarely
  - sometimes
  - almost always or always
- 

3.4 I ..... avoid reminders of unpleasant events.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

2.5 When somebody upsets me, I ..... try to forget about it by reminding myself of their good qualities.

- rarely or never
  - occasionally
  - often
  - almost always or always
-

7.4 I ..... forget to do an unwelcome task.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

1.5 Other people ..... remember negative events more easily than I do.

- rarely or never
  - occasionally
  - often
  - almost always or always
- 

9.3 I have ..... remembered unpleasant events that I previously honestly denied experiencing.

- never
  - rarely (e.g., one time)
  - sometimes
  - often
- 

3.5 I ..... shy away from conversations that may trigger unpleasant memories.

- rarely or never
- occasionally
- often
- almost always or always