BBQ

Blocking Beliefs Questionnaire (BBQ)

The Blocking Beliefs Questionnaire (BBQ) is a self-report tool developed by James Knipe in 1998 to identify dysfunctional or limiting beliefs that can hinder therapeutic progress, particularly in EMDR interventions. It makes it possible to target the beliefs that may block treatment in order to tailor psychotherapeutic care.

Number of questions	15 questions
Estimated duration	10 minutes
Language	English
Original name	Blocking Beliefs Questionnaire
Target audience	Adults
Authors	James Knipe (1998)
Category	General

Scoring & interpretation

Each item is rated on a Likert-type scale (for example, from 1 to 5). High scores indicate the presence of stronger blocking beliefs. Interpretation is done item by item to identify the beliefs to be addressed first during therapy.