30 Common Virtual Questions (VQs)

Examples of questions that may operate outside conscious awareness and help organize attention, emotion, and behavior.

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1. Am I safe?
2. Am I loved?
3. Am I wanted?
4. Am I good enough?
5. Do I matter?
6. Do I belong?
7. Am I accepted?
8. Will I be okay?
9. What do I have to do?
10. What should I be doing?
11. Did I do something wrong?
12. What did I do wrong?
13. Are they upset with me?
14. What do they think of me?
15. How do I keep everyone happy?
16. What could go wrong?
17. How do I stay in control?
18. Can I trust them?
19. Can I trust myself?
20. How do I avoid getting hurt?
21. How do I make this better?
22. How do I avoid making a mistake?
23. How do I prove myself?
24. Am I being judged?
25. Are they going to leave me?
26. What am I missing?
27. What do I need to know?
28. Is something wrong with me?
29. Is it safe to be myself?
30. How do I keep everything from falling apart?

These are examples, not a scientifically validated ranking.

A useful VQ is one that produces a recognizable emotional or bodily response.