

Automatic Thoughts Questionnaire

Listed below are a variety of thoughts that pop into people's heads. Please read each thought and indicate how frequently, if at all, the thought occurred to you over the last week. Please read each item carefully and fill in the blank with the appropriate number, using the following scale:

- 1 = not at all
- 2 = sometimes
- 3 = moderately often
- 4 = often
- 5 = all the time

- _____ 1. I feel like I'm up against the world.
- _____ 2. I'm no good.
- _____ 3. Why can't I ever succeed?
- _____ 4. No one understands me.
- _____ 5. I've let people down.
- _____ 6. I don't think I can go on.
- _____ 7. I wish I were a better person.
- _____ 8. I'm so weak.
- _____ 9. My life's not going the way I want it to.
- _____ 10. I'm so disappointed in myself.
- _____ 11. Nothing feels good anymore.
- _____ 12. I can't stand this anymore.
- _____ 13. I can't get started.
- _____ 14. What's wrong with me?
- _____ 15. I wish I were somewhere else.
- _____ 16. I can't get things together.
- _____ 17. I hate myself.
- _____ 18. I'm worthless.
- _____ 19. Wish I could just disappear.
- _____ 20. What's the matter with me?
- _____ 21. I'm a loser.
- _____ 22. My life is a mess.
- _____ 23. I'm a failure.
- _____ 24. I'll never make it.
- _____ 25. I feel so helpless.
- _____ 26. Something has to change.
- _____ 27. There must be something wrong with me.
- _____ 28. My future is bleak.
- _____ 29. It's just not worth it.
- _____ 30. I can't finish anything.