

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.