

ATQ

Instructions: 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 circle a response on the LEFT side of the sheet using the **FREQUENCY** scale:

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

Then, please indicate how strongly, if at all, you tend to believe that thought, when it occurs. Please circle a response on the RIGHT side of the sheet using the **DEGREE OF BELIEF** scale:

1 = not at all 2 = somewhat 3 = moderately 4 = very much 5 = totally

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