

Automatic Thoughts Questionnaire



Name: _____ Date: _____

Instructions:

Listed are a variety of thoughts that pop into people’s heads. Please read each thought and indicate how frequently, if at all, the thought has occurred to you over the past week.

Please read each item carefully and circle the appropriate answers on the answer sheet in the following fashion:

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

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