

# Persistent and Intrusive Negative Thoughts Scale

Please rate the frequency with which each of these things happen to you when you experience a problem:

	never				almost always
1) I lay awake at night thinking about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) When I have a problem, I can't get it out of my head	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) When something upsets me, I think about it over and over	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) I get stuck thinking about things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) When something difficult is coming up, I keep thinking about it all of the time	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>