

Persistent and Intrusive Negative Thoughts Scale

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

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