

Here is a list of things that happen to people and that people think or feel. Read each sentence carefully, and circle the one word (Never, Sometimes, Often, or Always) that tells about you best, especially in the last two weeks. THERE ARE NO RIGHT OR WRONG ANSWERS.

	0	1	2	3
	Never	Sometimes	Often	Always
1. I think that my life is bad.				
2. I have trouble doing things.				
3. I feel that I am a bad person.				
4. I wish I were dead.				
5. I have trouble sleeping.				
6. I feel no one loves me.				
7. I think bad things happen because of me.				
8. I feel lonely.				
9. My stomach hurts.				
10. I feel like bad things happen to me.				
11. I feel like I am stupid.				
12. I feel sorry for myself.				
13. I think I do things badly.				
14. I feel bad about what I do.				
15. I hate myself.				
16. I want to be alone.				
17. I feel like crying.				
18. I feel sad.				
19. I feel empty inside.				
20. I think my life will be bad.				

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