

Anxious Automatic Thoughts Questionnaire

Listed below are a variety of thoughts that pop into people's heads.

- Read each thought carefully and indicate how frequently, if at all, the thought occurred to you *over the last week*, by circling the answer in the left column.
- Then, indicate how strongly, if at all, you tend to believe that thought when it occurs by circling your answer in the right column.

FREQUENCY					ITEMS	DEGREE OF BELIEF					
1	2	3	4	5		1	2	3	4	5	
1 = 'not at all'						1 = 'not at all'					
5 = 'all the time'						5 = 'totally'					
1	2	3	4	5	1.	When people look at me they are examining what I do	1	2	3	4	5
1	2	3	4	5	2.	If I get criticized it means that I am wrong.	1	2	3	4	5
1	2	3	4	5	3.	If I make a mistake that means that I am stupid.	1	2	3	4	5
1	2	3	4	5	4.	If I don't agree with people they won't like me.	1	2	3	4	5
1	2	3	4	5	5.	To be a good person I have to be nice to everyone.	1	2	3	4	5
1	2	3	4	5	6.	If someone is hurt or offended by what I do, this means I am a bad person.	1	2	3	4	5
1	2	3	4	5	7.	If I show emotion it means that I am weak.	1	2	3	4	5
1	2	3	4	5	8.	People will think that there is something wrong with me if they see that I am anxious.	1	2	3	4	5
1	2	3	4	5	9.	The opinions of other people about me are very important.	1	2	3	4	5
1	2	3	4	5	10.	I'm afraid that I look or sound silly to other people	1	2	3	4	5
1	2	3	4	5	11.	I can tell that people will evaluate me negatively.	1	2	3	4	5
1	2	3	4	5	12.	I have to be very careful about what I say in case I offend someone.	1	2	3	4	5
1	2	3	4	5	13.	Approval is very important to me.	1	2	3	4	5
1	2	3	4	5	14.	Being anxious is a sign of weakness.	1	2	3	4	5
1	2	3	4	5	15.	When people see me behave like this they will talk badly of me to others.	1	2	3	4	5
1	2	3	4	5	16.	If someone is late, I assume there has been an accident.	1	2	3	4	5

We begin to recognise unrealistic, frightening anxiety producing thoughts and learn simply to be present with them without: attaching to them and believing them, ignoring them, or judging them and pushing them away.