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.

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

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.