

Beck Evaluation

Name _____ Date _____

Place an "X" to the left of one of the 4 statements in each group of words that best describes your feelings.

I do not feel sad.
I feel sad.
I am sad all the time and can't snap out of it.
I am so sad or unhappy that I can't stand it.

I am not particularly discouraged about the future.
I feel discouraged about the future.
I feel I have nothing to look forward to.
I feel that the future is hopeless and that things cannot improve.

I do not feel like a failure.
I feel I have failed more than the average person.
As I look back on my life, all I can see is a a lot of failures.
I feel I am a complete failure as a person.

I get as much satisfaction out of things that I used to.
I don't really enjoy things the way I used to.
I don't get real satisfaction out of anything anymore.
I am dissatisfied or bored with everything.

I don't feel particularly guilty.
I feel guilty a good part of the time.
I feel quite guilty most of the time.
I feel guilty all of the time.

I don't feel I am being punished.
I feel I may be punished.
I expect to be punished.
I feel I am being punished.

I don't feel disappointed in myself.
I am disappointed in myself.
I am disgusted with myself.
I hate myself.

I don't feel I am worse than anybody else.
I am critical of myself for my weaknesses and mistakes.
I blame myself all the time for my faults.
I blame myself for everything bad that happens.

I don't have any thoughts of killing myself.
I have thoughts of killing myself, but I would not carry them out.
I would like to kill myself.
I would kill myself if I had the chance.

I don't cry anymore than usual.
I cry more now than I used to.
I cry all the time now.
I used to be able to cry, but now I can't even cry though I want to.

I am no more irritated now than I ever am.
I get annoyed or irritated more easily than I used to.
I feel irritated all the time now.
I don't get irritated at all by the things that used to irritate me.

I have not lost interest in other people.
I am less interested in other people than I used to be.
I have lost most of my interest in other people.
I have lost all of my interest in other people.

I make decisions about as well as I ever could.
I put off making decisions more than I used to.
I have greater difficulty making decisions than before.
I can't make decisions at all anymore.

I don't feel I look any worse than I used to.
I am worried that I am looking old or unattractive.
I feel there are permanent changes in my appearance that make me unattractive.
I believe that I look ugly.

I can work about as well as before.
It takes an extra effort to get started at doing something.
I have to push myself very hard to do anything.
I can't do any work at all.

I can sleep as well as usual.
I don't sleep as well as I used to.
I wake up 1-2 hours earlier than usual and find it hard to get back to sleep.
I wake several hours earlier than I used to and cannot get back to sleep.

I don't get more tired than usual.
I get tired more easily than I used to.
I get tired from doing almost anything.
I am too tired to do anything.

My appetite is no worse than usual.
My appetite is not as good as it used to be.
My appetite is much worse now.
I have no appetite at all anymore.

I haven't lost much weight, if any, lately.
I have lost more than 5 pounds without purposely trying.
I have lost more than 10 pounds without purposely trying.
I have lost more than 15 pounds without purposely trying.

I am no worried about my health than usual.
I am worried about physical problems like aches, pains, stomach, or constipation.
I am very worried about physical problems and it's hard to think of anything else.
I am so worried about physical problems I cannot think of anything else.

I have not noticed any recent changes in my interest in sex.
I am less interested in sex than I used to be.
I am much less interested in sex now.
I have lost interest in sex completely.