

Worry Questionnaire

NAME: _____

DATE: _____

In this questionnaire you will be asked to describe how you typically think about negative experiences or problems. Please read the following statements and rate the extent to which they apply to you when you think about negative experiences or problems.	Never	Rarely	Sometimes	Often	Almost Always
1. The same thoughts keep going through my mind again and again.	0	1	2	3	4
2. Thoughts intrude into my mind.	0	1	2	3	4
3. I can't stop dwelling on them.	0	1	2	3	4
4. I think about many problems without solving any of them.	0	1	2	3	4
5. I can't do anything else while thinking about my problems.	0	1	2	3	4
6. My thoughts repeat themselves.	0	1	2	3	4
7. Thoughts come to my mind without me wanting them to.	0	1	2	3	4
8. I get stuck on certain issues and can't move on.	0	1	2	3	4
9. I keep asking myself questions without finding an answer.	0	1	2	3	4
10. My thoughts prevent me from focusing on other things.	0	1	2	3	4
11. I keep thinking about the same issue all the time.	0	1	2	3	4
12. Thoughts just pop into my mind.	0	1	2	3	4
13. I feel driven to continue dwelling on the same issue.	0	1	2	3	4
14. My thoughts are not much help to me.	0	1	2	3	4
15. My thoughts take up all my attention.	0	1	2	3	4

Domains of Worry Questionnaire

I worry ...	Not At All	A Little		Quite a bit	Extremely
1. That my money will run out	0	1	2	3	4
2. That I cannot be assertive or express my opinions	0	1	2	3	4
3. That my future job prospects are not good	0	1	2	3	4
4. That my family will be angry with me or disapprove of something that I do.	0	1	2	3	4
5. That I'll never achieve my ambitions	0	1	2	3	4
6. That I will not keep my workload up to date.	0	1	2	3	4
7. That financial problems will restrict holidays and travel.	0	1	2	3	4
8. That I have no concentration.	0	1	2	3	4
9. That I am not able to afford things.	0	1	2	3	4
10. That I feel insecure.	0	1	2	3	4
11. That I can't afford to pay bills.	0	1	2	3	4
12. That my living conditions are inadequate.	0	1	2	3	4
13. That life may have no purpose.	0	1	2	3	4
14. That I don't work hard enough.	0	1	2	3	4
15. That others will not approve of me.	0	1	2	3	4
16. That I find it difficult to maintain a stable relationship.	0	1	2	3	4
17. That I leave work unfinished.	0	1	2	3	4
18. That I lack confidence.	0	1	2	3	4
19. That I am unattractive.	0	1	2	3	4
20. That I might make myself look stupid.	0	1	2	3	4
21. That I will lose close friends.	0	1	2	3	4
22. That I haven't achieved much.	0	1	2	3	4
23. That I am not loved.	0	1	2	3	4
24. That I will be late for an appointment.	0	1	2	3	4
25. That I make mistakes at work.	0	1	2	3	4