



## Automatic Thoughts Questionnaire - Believability (ATQ-B)

### Instructions:

Listed are a variety of thoughts that pop into people's heads. Please indicate how strongly you tend to BELIEVE each thought, at the time the thought occurs.

		Not at all	Somewhat	Moderately	Very much	Totally
1	I'm no good	1	2	3	4	5
2	I don't think I can go on	1	2	3	4	5
3	I'm so disappointed in myself	1	2	3	4	5
4	Nothing feels good anymore	1	2	3	4	5
5	I can't stand this anymore	1	2	3	4	5
6	I can't get started	1	2	3	4	5
7	What's wrong with me?	1	2	3	4	5
8	I'm worthless	1	2	3	4	5
9	I'll never make it	1	2	3	4	5
10	I feel so helpless	1	2	3	4	5
11	Something has to change	1	2	3	4	5
12	There must be something wrong with me	1	2	3	4	5
13	My future is bleak	1	2	3	4	5
14	It's just not worth it	1	2	3	4	5
15	I can't finish anything	1	2	3	4	5

### Developer Reference:



NovoPsych

Netemeyer, R. G., Williamson, D. A., Burton, S., Biswas, D., Jindal, S., Landreth, S., Mills, G., & Primeaux, S. (2002). Psychometric properties of shortened versions of the automatic thoughts questionnaire. *Educational and Psychological Measurement*, 62(1), 111–129. <https://doi.org/10.1177/0013164402062001008>