**If you felt different ways at different times in the week, give a rating for how things were for you on average.**

**Please be sure to answer each question.**

| **In the course of last week...** | not at all | a little | rather | much | very strong |
| --- | --- | --- | --- | --- | --- |
| 1 | It was hard for me to concentrate | **0** | **1** | **2** | **3** | **4** |
| 2 | I felt helpless | **0** | **1** | **2** | **3** | **4** |
| 3 | I was absent-minded and unable to remember what I was actually doing | **0** | **1** | **2** | **3** | **4** |
| 4 | I felt disgust | **0** | **1** | **2** | **3** | **4** |
| 5 | I thought of hurting myself | **0** | **1** | **2** | **3** | **4** |
| 6 | I didn’t trust other people  | **0** | **1** | **2** | **3** | **4** |
| 7 | I didn’t believe in my right to live | **0** | **1** | **2** | **3** | **4** |
| 8 | I was lonely | **0** | **1** | **2** | **3** | **4** |
| 9 | I experienced stressful inner tension | **0** | **1** | **2** | **3** | **4** |
| 10 | I had images that I was very much afraid of | **0** | **1** | **2** | **3** | **4** |
| 11 | I hated myself | **0** | **1** | **2** | **3** | **4** |
| 12 | I wanted to punish myself | **0** | **1** | **2** | **3** | **4** |
| 13 | I suffered from shame | **0** | **1** | **2** | **3** | **4** |
| 14 | My mood rapidly cycled in terms of anxiety, anger, and depression | **0** | **1** | **2** | **3** | **4** |
| 15 | I suffered from voices and noises from inside or outside my head | **0** | **1** | **2** | **3** | **4** |
| 16 | Criticism had a devastating effect on me | **0** | **1** | **2** | **3** | **4** |
| 17 | I felt vulnerable | **0** | **1** | **2** | **3** | **4** |
| 18 | The idea of death had a certain fascination for me | **0** | **1** | **2** | **3** | **4** |
| 19 | Everything seemed senseless to me | **0** | **1** | **2** | **3** | **4** |
| 20 | I was afraid of losing control | **0** | **1** | **2** | **3** | **4** |
| 21 | I felt disgusted by myself | **0** | **1** | **2** | **3** | **4** |
| 22 | I felt as if I was far away from myself | **0** | **1** | **2** | **3** | **4** |
| 23 | I felt worthless | **0** | **1** | **2** | **3** | **4** |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **0%** | **10%** | **20%** | **30%** | **40%** | **50%** | **60%** | **70%** | **80%** | **90%** | **100%** |
| **(very bad)** |  |  |  |  |  |  |  | **(excellent)** |