

CURRENT THOUGHTS QUESTIONNAIRE

This is a questionnaire designed to measure what you are thinking at this moment. There is, of course, no _____ answer for any statement. The best answer is what you feel is true of yourself at this moment. Be sure to answer all of the items, even if you are not certain of the best answer. Again, answer these questions as they are true for you RIGHT NOW.

FOR OFFICE USE ONLY

_____ Study
 _____ ID
 _____ Point
 _____ Date
 _____ Raid

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	Not at All	A Little Bit	Somewhat	Very Much	Extremely
1. I feel confident about my abilities.					
2. I am worried about whether I am regarded as a success or failure.					
3. I feel satisfied with the way my body looks right now					
4. I feel frustrated or rattled about my performance.					
5. I feel that I am having trouble understanding things that I read.					
6. I feel that others respect and admire me.					
7. I am dissatisfied with my weight.					
8. I feel self-conscious.					
9. I feel as smart as others.					
10. I feel displeased with myself					
11. I feel good about myself.					
12. I am pleased with my appearance right now.					
13. I am worried about what other people think of me.					
14. I feel confident that I understand things.					
15. I feel inferior to others at this moment.					
16. I feel unattractive.					
17. I feel concerned about the impression I am making.					
18. I feel that I have less scholastic ability right now than others.					
19. I feel like I'm not doing well.					
20. I am worried about looking foolish.					