



# BDI<sup>®</sup> - Beck Depression Inventory SELF-EVALUATION

Client Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Instructions:** This questionnaire consists of seven groups of statements. Read each group of statements carefully, then pick out the **one statement** in each group that best describes the way you have been feeling during the **past 2 weeks, including today**. Circle the number beside the statement you have picked. If several statements in one group seem to apply equally well, choose the statement with the highest number beside it.

<b>1 Sadness</b>	I do not feel sad.....	<b>0</b>
	I feel sad much of the time.....	<b>1</b>
	I am sad all of the time.....	<b>2</b>
	I am so sad or unhappy that I can't stand it.....	<b>3</b>
<b>2 Pessimism</b>	I am not discouraged about my future.....	<b>0</b>
	I feel more discouraged about my future than I used to be.....	<b>1</b>
	I do not expect things to work out for me.....	<b>2</b>
	I feel my future is hopeless and will only get worse.....	<b>3</b>
<b>3 Past Failure</b>	I do not feel like a failure.....	<b>0</b>
	I have failed more than I should have.....	<b>1</b>
	As I look back, I see a lot of failures.....	<b>2</b>
	I feel I am a total failure as a person.....	<b>3</b>
<b>4 Self-Dislike</b>	I feel the same about myself as ever.....	<b>0</b>
	I have lost confidence in myself.....	<b>1</b>
	I am disappointed in myself.....	<b>2</b>
	I dislike myself.....	<b>3</b>
<b>5 Self Criticalness</b>	I don't criticize or blame myself more than usual.....	<b>0</b>
	I am more critical of myself than I used to be.....	<b>1</b>
	I criticize myself for all of my faults.....	<b>2</b>
	I blame myself for everything bad that happens.....	<b>3</b>
<b>6 Suicidal Thoughts or Wishes</b>	I don't have any thoughts of killing myself.....	<b>0</b>
	I have thoughts of killing myself, but I would not carry them out.....	<b>1</b>
	I would like to kill myself.....	<b>2</b>
	I would kill myself if I had the chance.....	<b>3</b>
<b>7 Loss of Interest</b>	I have not lost interest in other people or activities.....	<b>0</b>
	I am less interested in other people or things than before.....	<b>1</b>
	I have lost most of my interest in people or things.....	<b>2</b>
	It's hard to get interested in anything.....	<b>3</b>

**Total Score:**

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