

# Negative Cognition List Assessment

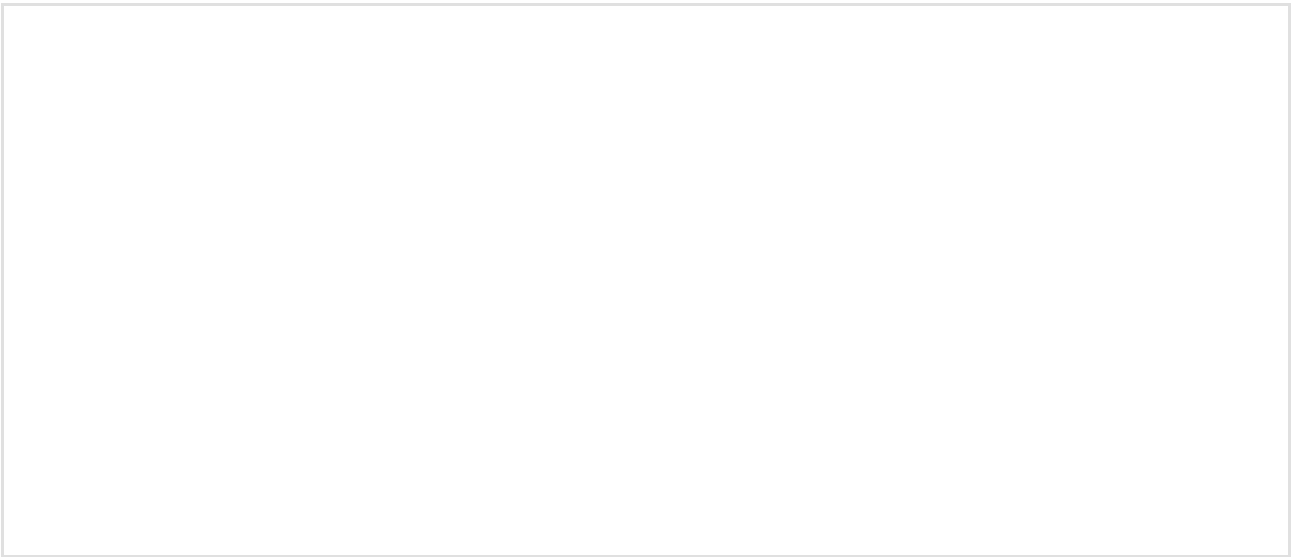
Applicant Information
Name:
Date:
Time Started:
Time Completed:
Assessor:

**Instructions:** This assessment is designed to evaluate your current perceptions and thoughts. Each item represents a negative cognition or belief that you might have about yourself, others, or the world. Read each statement carefully and indicate how strongly you agree or disagree with each. Please be as honest as possible; there are no right or wrong answers.

**Scale:** 1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

Answer	Statement
	1. I am worthless.
	2. No one understands me.
	3. I am not good enough.
	4. I always make mistakes.
	5. I am a failure.
	6. Others can't be trusted.
	7. I am unlovable.
	8. The world is a dangerous place.
	9. People will abandon me.
	10. I don't deserve happiness.

Assessor Notes:

A large, empty rectangular box with a thin black border, intended for the assessor to write their notes. It occupies the central portion of the page.

This assessment is a tool to help you better understand your thoughts and feelings. If you are experiencing distress, please reach out to a mental health professional for support. It is important to discuss your results with a professional who can provide you with appropriate help and advice.