



## CD INVENTORY

Name \_\_\_\_\_ Date \_\_\_\_\_  
Age \_\_\_\_\_

Below are sentences which are listed together in groups. After you read one group of sentences, pick out one in the group that describes you best. Think about the way you have been feeling this past week. That way it is easier to decide which sentence applies to you.

After you pick your answer from the first group of sentences, go on to the next group of sentences.

There is no such thing as a right or wrong answer. Just pick the answer that most closely describes you. Circle the number next to your answer.

- ( ) A.
- 0 I do not feel sad
  - 1 I feel sad sometimes
  - 2 I am pretty sad all the time
  - 3 I am so very sad that I can't stand it
- ( ) B.
- 0 Things will work out O.K. for me
  - 1 I am not sure if things will work out O.K. for me
  - 2 I think that nothing will work out for me
  - 3 Nothing will work out for me and things will never get better
- ( ) C.
- 0 I am pretty good at doing things
  - 1 I am worse at doing things than most other kids
  - 2 I do things wrong most of the time
  - 3 I always do everything wrong
- ( ) D.
- 0 I like to do things as much as always
  - 1 I don't have as much fun doing things as before
  - 2 I don't get any fun out of anything anymore
  - 3 I am unhappy and bored with everything
- ( ) E.
- 0 I don't feel ashamed very much
  - 1 I feel ashamed of myself many times
  - 2 Most of the time I feel ashamed and bad about things I have done
  - 3 I feel very ashamed and bad inside all the time
- ( ) F.
- 0 I like myself most of the time
  - 1 Many times I don't like myself
  - 2 I am sick of myself
  - 3 I hate myself

FROM : DR D JGLAS BSEARS

FAX NO. : 18187848471

- ( ) G.  
 0 I am just as good as other kids  
 1 I have more faults than other kids  
 2 I blame myself all the time for things being my fault  
 3 I am to blame for everything bad that happens
- ( ) H.  
 0 I do not think about killing myself  
 1 I think about killing myself but I would not do it  
 2 I would like to kill myself  
 3 I would kill myself for sure if I had the chance
- ( ) I.  
 0 I don't cry anymore than I used to  
 1 I cry more now than I used to  
 2 I cry all the time now  
 3 I just can't cry anymore even when I want to
- ( ) J.  
 0 Things don't bother me anymore than before  
 1 I get bothered and hassled by things easily nowadays  
 2 Things bother me and hassle me all the time now
- ( ) K.  
 0 I pretty much care about people  
 1 I don't care about people as much as I used to  
 2 I care very little about people now  
 3 I don't care about anybody anymore
- ( ) L.  
 0 I make up my mind about things as well as ever  
 1 If I can, I put off making up my mind about things  
 2 It has gotten pretty hard to make up my mind about things  
 3 I can't make up my mind about anything anymore
- ( ) M.  
 0 I feel I look about the same as before  
 1 I don't look as good as I used to  
 2 Things have changed about me that make me look pretty bad  
 3 I believe that I look ugly
- ( ) N.  
 0 I get my schoolwork done like before  
 1 I have to try harder to get started with schoolwork  
 2 I have to push myself very hard to do my schoolwork  
 3 I don't get any schoolwork done at all
- ( ) O.  
 0 I sleep as well as always  
 1 I don't sleep as well as I used to  
 2 I wake up a little earlier than I used to and it is hard to get back to sleep  
 3 I wake up much earlier than I used to and I cannot get back to sleep

FROM : DR : DOUGLAS SEARS

FAX NO. : 8187848471

- ( ) P.  
 0 I don't get more tired than I used to  
 1 I get tired more easily nowadays  
 2 I get tired from doing anything  
 3 I am so tired that I can't do anything at all
- ( ) Q.  
 0 I eat as well as always  
 1 I don't feel like eating like I used to  
 2 I don't feel like eating most of the time now  
 3 I never feel like eating anymore
- ( ) R.  
 0 I have not lost much weight (if any) lately  
 1 I have lost more than three pounds  
 2 I have lost more than seven pounds  
 3 I have lost more than ten pounds  
 I am trying to lose weight by not eating yes \_\_\_ no \_\_\_
- ( ) S.  
 0 I am not much worried about aches and pains  
 1 I am pretty worried about aches and pains  
 2 I am very worried about aches and pains  
 3 I am so worried about aches and pains that I can't think about anything else
- ( ) T.  
 0 I hardly ever feel lonely and alone  
 1 Sometimes I feel lonely and alone  
 2 I feel pretty lonely and alone most of the time  
 3 I feel very lonely and all alone all the time
- ( ) U.  
 0 School is O.K.  
 1 Sometimes I don't like school  
 2 I don't like school most of the time  
 3 I really hate school
- ( ) V.  
 0 I have plenty of friends  
 1 I have few friends but I would like to have more  
 2 I don't really have any friends  
 3 Nobody wants to be friends with me anymore
- ( ) W.  
 0 My school marks haven't changed much  
 1 My school marks aren't as good as they used to be  
 2 My school marks are much worse than before  
 3 I am doing very badly in subjects that I used to get good marks in