

Children's Automatic Thoughts Scale (CATS)

Name:	Today's Date:	
Date of Birth:	Gender: Male/ Female	Grade:

Instructions: Listed below are some thoughts that children and adolescents have said pop into their heads. Please read each thought carefully and decide how often, if at all, each thought popped into your head over the past week. Circle your answer in the following way:

Not at all Sometimes Fairly often Often All the time
 0 1 2 3 4

Say to yourself: "Over the past week I thought..."	Not at all	Some times	Fairly often	Often	All the time
1. Kids will think I'm stupid	0	1	2	3	4
2. I have the right to take revenge on people if they deserve it	0	1	2	3	4
3. I can't do anything right	0	1	2	3	4
4. I'm going to have an accident	0	1	2	3	4
5. Other kids are stupid	0	1	2	3	4
6. I'm worried that I'm going to get teased	0	1	2	3	4
7. I'm going crazy	0	1	2	3	4
8. Kids are going to laugh at me	0	1	2	3	4
9. I'm going to die	0	1	2	3	4
10. Most people are against me	0	1	2	3	4
11. I am worthless	0	1	2	3	4
12. My mum or dad are going to get hurt	0	1	2	3	4
13. Nothing ever works out for me anymore	0	1	2	3	4
14. I'm going to look silly	0	1	2	3	4
15. I won't let anyone get away with picking on me	0	1	2	3	4
16. I'm scared of losing control	0	1	2	3	4
17. It's my fault that things have gone wrong	0	1	2	3	4
18. People are thinking bad things about me	0	1	2	3	4
19. If someone hurts me, I have the right to hurt them back	0	1	2	3	4
20. I'm going to get hurt	0	1	2	3	4



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Say to yourself: "Over the past week I thought..."	Not at all	Some times	Fairly often	Often	All the time
21. I'm afraid of what other kids will think of me	0	1	2	3	4
22. Some people deserve what they get	0	1	2	3	4
23. I've made such a mess of my life	0	1	2	3	4
24. Something awful is going to happen	0	1	2	3	4
25. I look like an idiot	0	1	2	3	4
26. I'll never be as good as other people are	0	1	2	3	4
27. I always get blamed for things that are not my fault	0	1	2	3	4
28. I am a failure	0	1	2	3	4
29. Other kids are making fun of me	0	1	2	3	4
30. Life is not worth living	0	1	2	3	4
31. Everyone is staring at me	0	1	2	3	4
32. I'm afraid I will make a fool of myself	0	1	2	3	4
33. I'm scared that somebody might die	0	1	2	3	4
34. I will never overcome my problems	0	1	2	3	4
35. People always try to get me into trouble	0	1	2	3	4
36. There is something very wrong with me	0	1	2	3	4
37. Some people are bad	0	1	2	3	4
38. I hate myself	0	1	2	3	4
39. Something will happen to someone I care about	0	1	2	3	4
40. Bad people deserve to get punished	0	1	2	3	4