Likert Scale

| In the course of last week... | | not at all | a little | rather | much | very strong |
| --- | --- | --- | --- | --- | --- | --- |
| **0** | **1** | **2** | **3** | **4** |
| 1 | It was hard for me to concentrate |  |  |  |  |  |
| 2 | I felt helpless |  |  |  |  |  |
| 3 | I was absent-minded and unable to remember what I was actually doing |  |  |  |  |  |
| 4 | I felt disgust |  |  |  |  |  |
| 5 | I thought of hurting myself |  |  |  |  |  |
| 6 | I didn’t trust other people |  |  |  |  |  |
| 7 | I didn’t believe in my right to live |  |  |  |  |  |
| 8 | I was lonely |  |  |  |  |  |
| 9 | I experienced stressful inner tension |  |  |  |  |  |
| 10 | I had images that I was very much afraid of |  |  |  |  |  |
| 11 | I hated myself |  |  |  |  |  |
| 12 | I wanted to punish myself |  |  |  |  |  |
| 13 | I suffered from shame |  |  |  |  |  |
| 14 | My mood rapidly cycled in terms of anxiety, anger, and depression |  |  |  |  |  |
| 15 | I suffered from voices and noises from inside or outside my head |  |  |  |  |  |
| 16 | Criticism had a devastating effect on me |  |  |  |  |  |
| 17 | I felt vulnerable |  |  |  |  |  |
| 18 | The idea of death had a certain fascination for me |  |  |  |  |  |
| 19 | Everything seemed senseless to me |  |  |  |  |  |
| 20 | I was afraid of losing control |  |  |  |  |  |
| 21 | I felt disgusted by myself |  |  |  |  |  |
| 22 | I felt as if I was far away from myself |  |  |  |  |  |
| 23 | I felt worthless |  |  |  |  |  |

If you felt different ways at different times in the week, give a rating for how things were for you on average.  
Please be sure to answer each question.