Do your thoughts dwell on the dark or scary aspects of life?
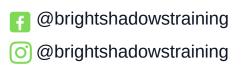
Take the "Negative Thinking Quiz" to find out!

Some thoughts reflect depression, others relate to anxiety.

Print out the paper, then put a check mark next to the item that you feel applies to you.

Keep in mind that there is no pass or fail, no maximum number of check marks and no right or wrong here.

The more items you check, the more you have cause for concern.

If you check 8 items or more, and strongly believe the statements; or if you have any thoughts of suicide or utter hopelessness, you should consult your primary case physician or a mental health professional immediately!

The Negative Thinking Quiz

1. Things are getting worse and worse for me

2. I worry all the time

3. I think I'm worthless

4. I never know what to say

5. No one would miss me if I were dead

6. I'm afraid that I'll get sick

7. I think I'm a failure

8. My thoughts race and I obsess about things

9. I don't look forward to much of anything

10. I get really nervous around people I don't know

11. The world would be better off without me

12. Thoughts about past trauma keep rolling through my mind

13. I find it impossible to make decisions

14. I can't stand it when I'm the center of attention

15. My life is full of regrets

16. I can't stand making mistakes

17. I don't see things getting better in the future

18. I worry about my health all the time

19. I'm deeply ashamed of myself

20. I over-prepare for everything

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Although these thoughts can occur to someone who's either depressed or anxious (or both), the odd-numbered items are most indicative of depression, and the even-numbered items reflect anxious thinking.

For more quizzes

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