

# Beck Depression Inventory

Name	Date	Score
Justine Locke	8 October 2021	26
<p>This questionnaire consists of 21 groups of statements. Please read each group of statements carefully. And then pick out the one statement in each group that best describes the way you have been feeling during the past two weeks, including today. Check the box beside the statement you have picked.</p>		
1	<input type="checkbox"/> 0 I do not feel sad <input checked="" type="checkbox"/> 1 I feel sad much of the time <input type="checkbox"/> 2 I am sad all the time <input type="checkbox"/> 3 I am so sad or unhappy that I can't stand it	
2	<input type="checkbox"/> 0 I am not discouraged about my future <input checked="" type="checkbox"/> 1 I feel more discouraged about my future than I used to <input type="checkbox"/> 2 I do not expect things to work out for me <input type="checkbox"/> 3 I feel my future is hopeless and will only get worse	
3	<input type="checkbox"/> 0 I do not feel like a failure <input checked="" type="checkbox"/> 1 I have failed more than I should have <input type="checkbox"/> 2 As I look back, I see a lot of failures <input type="checkbox"/> 3 I feel I am a total failure as a person	
4	<input type="checkbox"/> 0 I get as much pleasure as I ever did from the things I enjoy <input type="checkbox"/> 1 I don't enjoy things as much as I used to <input checked="" type="checkbox"/> 2 I get very little pleasure from the things I used to enjoy <input type="checkbox"/> 3 I can't get any pleasure from the things I used to enjoy	
5	<input type="checkbox"/> 0 I don't feel particularly guilty <input checked="" type="checkbox"/> 1 I feel guilty over many things I have done or should have done <input type="checkbox"/> 2 I feel quite guilty most of the time <input type="checkbox"/> 3 I feel guilty all of the time	
6	<input type="checkbox"/> 0 I don't feel I am being punished <input type="checkbox"/> 1 I feel I may be punished <input checked="" type="checkbox"/> 2 I expect to be punished <input type="checkbox"/> 3 I feel I am being punished	
7	<input type="checkbox"/> 0 I feel the same about myself as ever <input type="checkbox"/> 1 I have lost confidence in myself <input checked="" type="checkbox"/> 2 I am disappointed in myself <input type="checkbox"/> 3 I dislike myself	
8	<input type="checkbox"/> 0 I don't criticize or blame myself more than usual <input checked="" type="checkbox"/> 1 I am more critical of myself than I used to be <input type="checkbox"/> 2 I criticize myself for all of my faults <input type="checkbox"/> 3 I blame myself for everything bad that happens.	

# Beck Depression Inventory

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**Beck Depression Inventory:**

Ignite the flame of optimism with Crafted by is motivational masterpiece, Fuel Your Spirit with **Beck Depression Inventory** . In a downloadable PDF format ( \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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