NCQ-IF
(Negative Cognition Questionnaire – Initial Form)
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Name_____ Date_____

Please circle the number below to indicate how true each of the following statements feels about you at a gut leve. The scale goes from 1 being “Untrue” to 7 being “Totally True”. NOTE: If you begin to experience very distressing/unpleasant feelings or sensations while completing this questionnaire, discontinue immediately and discuss this situation with your therapist at the next session.

1	I don’t deserve love	1	2	3	4	5	6	7
2	I am a bad person	1	2	3	4	5	6	7
3	I am terrible	1	2	3	4	5	6	7
4	I am worthless (inadequate)	1	2	3	4	5	6	7
5	I am shameful	1	2	3	4	5	6	7
6	I am not lovable	1	2	3	4	5	6	7
7	I am not good enough	1	2	3	4	5	6	7
8	I deserve only bad things	1	2	3	4	5	6	7
9	I cannot be trusted	1	2	3	4	5	6	7
10	I cannot trust myself	1	2	3	4	5	6	7
11	I cannot trust my judgment	1	2	3	4	5	6	7
12	I cannot succeed	1	2	3	4	5	6	7
13	I am not in control	1	2	3	4	5	6	7
14	I am powerless (helpless)	1	2	3	4	5	6	7
15	I am weak0	1	2	3	4	5	6	7
16	I cannot protect myself	1	2	3	4	5	6	7
17	I am stupid (not smart enough)	1	2	3	4	5	6	7
18	I am insignificant (unimportant)	1	2	3	4	5	6	7
19	I am a disappointment	1	2	3	4	5	6	7
20	I deserve to die	1	2	3	4	5	6	7
21	I deserve to be miserable	1	2	3	4	5	6	7
22	I cannot get what I want	1	2	3	4	5	6	7
23	I am a failure (will fail)	1	2	3	4	5	6	7
24	I have to be perfect (please everyone)	1	2	3	4	5	6	7
25	I am permanently damaged	1	2	3	4	5	6	7
26	I am ugly (my body is hateful)	1	2	3	4	5	6	7
27	I should have done something	1	2	3	4	5	6	7
28	I did something wrong	1	2	3	4	5	6	7
29	I am in danger	1	2	3	4	5	6	7
30	I cannot stand it	1	2	3	4	5	6	7
31	I cannot trust anyone	1	2	3	4	5	6	7
32	I cannot let it out	1	2	3	4	5	6	7
33	I don not deserve	1	2	3	4	5	6	7
34	It’s not okay to feel (show) my emotions	1	2	3	4	5	6	7
35	I cannot stand up for myself	1	2	3	4	5	6	7
36	I am different (don’t belong)	1	2	3	4	5	6	7
37	I should have known better	1	2	3	4	5	6	7
38	I am inadequate	1	2	3	4	5	6	7

Please insert any negative statements about yourself not covered above, then rate them in the same manner

	1	2	3	4	5	6	7
	1	2	3	4	5	6	7
	1	2	3	4	5	6	7
	1	2	3	4	5	6	7

From all the Negative Cognition ratings on both pages, pick the five statements that you feel are most true about you, that is, which you gave the highest ratings, and write them on the lines labeled Negative Cognition.

For each Negative cognition, pick a recent incident that captures feeling that way about yourself. When you bring up that incident and those words (the Negative Cognition), identify the emotions/feelings you experience now. On a scale from 0 to 10, where 0 is no disturbance or neutral and 10 is the highest disturbance imaginable, rate how disturbing it feels to you now. Lastly, identify where you feel the disturbance in your body.

After you have done this for a recent incident, go through this process picking an earlier incident in your life that captures feeling the same way (the negative cognition) about yourself.

1. Negative Cognition:_____

Recent Incident:_____

Emotions/feelings:_____

Disturbance rating (0 to 10):_____ Location of Body Sensation:_____

Earlier Incident:_____

Emotions/feelings:_____

Disturbance rating (0 to 10):_____ Location of Body Sensation:_____

2. Negative Cognition:_____

Recent Incident:_____

Emotions/feelings:_____

Disturbance rating (0 to 10):_____ Location of Body Sensation:_____

Earlier Incident:_____

Emotions/feelings:_____

Disturbance rating (0 to 10):_____ Location of Body Sensation:_____