

# BECK *Youth*

**SECOND EDITION**  
*for children and adolescents*

## Combination Booklet

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Today's Date: \_\_\_\_\_ Location: \_\_\_\_\_

Sex: M F Grade \_\_\_\_\_ Parent/Guardian: \_\_\_\_\_

Here is a list of things that happen to people and that people think and feel. Read each sentence carefully, and circle the **one** number (for Never, Sometimes, Often, or Always) that tells about you best. THERE ARE NO RIGHT OR WRONG ANSWERS.

	Never	Sometimes	Often	Always
1. I work hard.	0	1	2	3
2. I feel strong.	0	1	2	3
3. I like myself.	0	1	2	3
4. People want to be with me.	0	1	2	3
5. I am just as good as the other kids.	0	1	2	3
6. I feel normal.	0	1	2	3
7. I am a good person.	0	1	2	3
8. I do things well.	0	1	2	3
9. I can do things without help.	0	1	2	3
10. I feel smart.	0	1	2	3
11. People think I'm good at things.	0	1	2	3
12. I am kind to others.	0	1	2	3
13. I feel like a nice person.	0	1	2	3
14. I am good at telling jokes.	0	1	2	3
15. I am good at remembering things	0	1	2	3
16. I tell the truth.	0	1	2	3
17. I feel proud of the things I do.	0	1	2	3
18. I am a good thinker.	0	1	2	3
19. I like my body.	0	1	2	3
20. I am happy to be me.	0	1	2	3

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	Never	Sometimes	Often	Always
21. I worry someone might hurt me at school.	0	1	2	3
22. My dreams scare me.	0	1	2	3
23. I worry when I am at school.	0	1	2	3
24. I think about scary things.	0	1	2	3
25. I worry people might tease me.	0	1	2	3
26. I am afraid that I will make mistakes.	0	1	2	3
27. I get nervous.	0	1	2	3
28. I am afraid I might get hurt.	0	1	2	3
29. I worry I might get bad grades.	0	1	2	3
30. I worry about the future.	0	1	2	3
31. My hands shake.	0	1	2	3
32. I worry I might go crazy.	0	1	2	3
33. I worry people might get mad at me.	0	1	2	3
34. I worry I might lose control.	0	1	2	3
35. I worry.	0	1	2	3
36. I have problems sleeping.	0	1	2	3
37. My heart pounds.	0	1	2	3
38. I get shaky.	0	1	2	3
39. I am afraid that something bad might happen to me.	0	1	2	3
40. I am afraid I might get sick.	0	1	2	3

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	Never	Sometimes	Often	Always
41. I think my life is bad.	0	1	2	3
42. I have trouble doing things.	0	1	2	3
43. I feel that I am a bad person.	0	1	2	3
44. I wish I were dead.	0	1	2	3
45. I have trouble sleeping.	0	1	2	3
46. I feel no one loves me.	0	1	2	3
47. I think bad things happen because of me.	0	1	2	3
48. I feel lonely.	0	1	2	3
49. My stomach hurts.	0	1	2	3
50. I feel like bad things happen to me.	0	1	2	3
51. I feel like I am stupid.	0	1	2	3
52. I feel sorry for myself.	0	1	2	3
53. I think I do things badly.	0	1	2	3
54. I feel bad about what I do.	0	1	2	3
55. I hate myself.	0	1	2	3
56. I want to be alone.	0	1	2	3
57. I feel like crying.	0	1	2	3
58. I feel sad.	0	1	2	3
59. I feel empty inside.	0	1	2	3
60. I think my life will be bad.	0	1	2	3

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	Never	Sometimes	Often	Always
61. Think people try to cheat me.	0	1	2	3
62. I feel like screaming.	0	1	2	3
63. I think people are unfair to me.	0	1	2	3
64. I think people try to hurt me.	0	1	2	3
65. I think my life is unfair.	0	1	2	3
66. People bully me.	0	1	2	3
67. People make me mad.	0	1	2	3
68. I think people bother me.	0	1	2	3
69. I get mad at other people.	0	1	2	3
70. When I get mad, I stay mad.	0	1	2	3
71. When I get mad, I have trouble getting over it.	0	1	2	3
72. I think people try to control me.	0	1	2	3
73. I feel people try to put me down.	0	1	2	3
74. I feel mean.	0	1	2	3
75. I feel like exploding.	0	1	2	3
76. I think people are against me.	0	1	2	3
77. I get angry.	0	1	2	3
78. When I get mad, I feel mad inside my body.	0	1	2	3
79. I hate people.	0	1	2	3
80. I get mad.	0	1	2	3

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	Never	Sometimes	Often	Always
81. I steal.	0	1	2	3
82. Other people get me into trouble.	0	1	2	3
83. I think about running away from home.	0	1	2	3
84. I do mean things.	0	1	2	3
85. I break into cars, houses, or other places.	0	1	2	3
86. I fight with others.	0	1	2	3
87. I like getting people mad.	0	1	2	3
88. I skip school.	0	1	2	3
89. I hate listening to other people.	0	1	2	3
90. I argue with adults.	0	1	2	3
91. I hurt people.	0	1	2	3
92. I like being mean to others.	0	1	2	3
93. I break the rules.	0	1	2	3
94. I like it when people are scared of me.	0	1	2	3
95. I like to hurt animals.	0	1	2	3
96. I like to bully others.	0	1	2	3
97. I tell lies.	0	1	2	3
98. I like to trick people.	0	1	2	3
99. I break things when I'm mad.	0	1	2	3
100. I swear at adults.	0	1	2	3

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	Never	Sometimes	Often	Always
101. I think about sex.	0	1	2	3
102. People in my family talk about sex openly.	0	1	2	3
103. I think I'm more grown-up than other kids.	0	1	2	3
104. I get in trouble for talking about things I shouldn't.	0	1	2	3
105. Others say things about the way I look.	0	1	2	3
106. People think about sex when they look at me.	0	1	2	3
107. My mother talks with me about sex.	0	1	2	3
108. I've messed around sexually with other kids.	0	1	2	3
109. My father likes to talk about sex.	0	1	2	3
110. I think I know more about sex than most kids.	0	1	2	3
111. I'm afraid that I'll get into trouble because of sex.	0	1	2	3
112. I would like to have a baby as soon as I can.	0	1	2	3
113. I like people to think about sex when they look at me.	0	1	2	3
114. I think I'm more grown-up about sex than other kids.	0	1	2	3
115. I enjoy sex more than other kids my age.	0	1	2	3
116. Sex hurts me.	0	1	2	3
117. My father would like to have sex with me.	0	1	2	3
118. My father has messed around with me sexually.	0	1	2	3
119. People have given me things (like money) to have sex.	0	1	2	3
120. I wish my mother would protect me from sex.	0	1	2	3