

THE BURNS DEPRESSION INVENTORY

INSTRUCTIONS: The following is a list of symptoms that people sometimes have. Put a check () in the space to the right that best describes how much that symptom or problem has bothered you during this past week.		0-NOT AT ALL	1-SOMEWHAT	2-MODERATELY	3-A LOT
SYMPTOM LIST					
1.	SADNESS: Have you been feeling sad or down in the dumps?				
2.	DISCOURAGEMENT: Does the future look hopeless?				
3.	LOW SELF ESTEEM: Do you feel worthless or think of yourself as a failure?				
4.	INFERIORITY: Do you feel inadequate or inferior to others?				
5.	GUILT: Do you get self-critical and blame yourself for everything?				
6.	INDECISIVENESS: Do you have trouble making up your mind about things?				
7.	IRRITABILITY AND FRUSTRATION: Have you been feeling resentful and angry a good deal of the time?				
8.	LOSS OF INTEREST IN LIFE: Have you lost interest in your career, your hobbies, your family, or your friends?				
9.	LOSS OF MOTIVATION: Do you feel overwhelmed and have to push yourself hard to do things?				
10.	POOR SELF-IMAGE: Do you think you're looking old or unattractive?				
11.	APPETITE CHANGES: Have you lost your appetite? Or do you overeat or binge compulsively?				
12.	SLEEP CHANGES: Do you suffer from insomnia and find it hard to get a good night's sleep? Or are you excessively tired and sleeping too much?				
13.	LOSS OF LIBIDO: Have you lost your interest in sex?				
14.	HYPOCHONDRIASIS: Do you worry a great deal about your health?				
15.	SUICIDAL IMPULSES: Do you have thoughts that life is not worth living or that you might be better off dead?				
Add up your total score for the 33 symptoms and record it here.					
DATE:					

TOTAL SCORE	DEGREE OF DEPRESSION
0-4	Minimal or No Depression
5-10	Borderline Depression
11-20	Mild Depression
21-30	Moderate Depression
31-45	Severe Depression

WEEKLY CHECK LIST														
	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Sun.							
	1.		1.		1.		1.		1.		1.		1.	
	2.		2.		2.		2.		2.		2.		2.	
	3.		3.		3.		3.		3.		3.		3.	
	4.		4.		4.		4.		4.		4.		4.	
	5.		5.		5.		5.		5.		5.		5.	
	6.		6.		6.		6.		6.		6.		6.	
	7.		7.		7.		7.		7.		7.		7.	
	8.		8.		8.		8.		8.		8.		8.	
	9.		9.		9.		9.		9.		9.		9.	
	10.		10.		10.		10.		10.		10.		10.	
	11.		11.		11.		11.		11.		11.		11.	
	12.		12.		12.		12.		12.		12.		12.	
	13.		13.		13.		13.		13.		13.		13.	
	14.		14.		14.		14.		14.		14.		14.	
	15.		15.		15.		15.		15.		15.		15.	
TOTAL SCORE														
TODAY'S DATE														

STRESS

Harry is a successful attorney who feels tense the moment he walks into his office each morning. He can't seem to relax or enjoy his work. The following negative thoughts flood his mind when he sits down at his desk. Cover up the right-hand column and see if you can identify the distortions in them.

Negative thoughts		Distortions	
1.	This is awful! Just think of everything I have to do! I just have too much work.	1.	This is an example of "all-or-nothing thinking," because Harry's dwelling on everything he has to do rather than the specific things he has to do this morning. You could also call this "magnification."
2.	There's always so much work left at the end of the day!	2.	The second negative thought is the "mental filter," since Harry thinks about all the things he hasn't done and overlooks the many things he has done.
3.	I'll never catch up.	3.	This is an example of "all-or-nothing thinking." Harry is actually on schedule in his preparation for the majority of his cases. A busy and successful attorney is not supposed to be completely caught up. The reason he has so much work is that he has a prosperous practice with a constant flow of new clients. It's actually good that he's never completely caught up!
4.	I'll make a mistake or forget to do something important.	4.	This is an example of "fortune-telling," because he's telling himself that he's going to foul up. He'd feel better if he told himself that he was doing well and was going to have a productive day.
5.	What if I lose this case?	5.	This is another example of "fortune-telling." Every lawyer wins some trials and loses others, but Harry's track record has been excellent. Since he has prepared a strong case for this particular client, it would be more realistic to tell himself that the odds are in his favor and that things will probably turn out well.
6.	My client will be teed off at me if I lose.	6.	This involves "mind reading" and "fortune-telling." Harry's assuming that he will lose and that if he does his client will be dissatisfied. The majority of Harry's clients have told him they were pleased with his work. Harry told me that when he has lost, his clients have usually been

			even more appreciative because they recognized that Harry did the best possible job in a difficult situation.
7.	Then I won't get any new cases.	7.	This thought is an extreme example of "fortune-telling." In fact, Harry's had so many referrals recently that he can hardly keep up.
8.	Then I'll lose money and end up destitute.	8.	I'm sure it's obvious to you that this is one more example of "fortune-telling." Harry's income has been growing substantially. He will continue to enjoy a comfortable standard of living, and he will not end up in the poorhouse!