

## Thoughts Questionnaire

*Directions:* Listed below are different kinds of thoughts that people may have about themselves. Using the scale below, please indicate how often each thought occurs to you.

- 1 = Not at all**
- 2 = Sometimes**
- 3 = Often**
- 4 = Very Often**
- 5 = All the time**

1. I do better waiting until the last minute.	
2. Being overactive is just part of my personality.	
3. I know I'm supposed to be doing something else, but I want to do this now.	
4. I have plenty of time—I'll just do one more thing before I go.	
5. I need it now.	
6. I usually don't notice my thoughts.	
7. Being impulsive is a big part of who I am.	
8. I perform better under pressure.	
9. I'd like to have that right now—I just can't wait.	
10. Though this usually "sucks me in" - I'll just do it for a minute.	
11. My work is better if I wait until the last minute.	
12. I can't stop right now.	