

WBSI

This survey is about thoughts. There are no right or wrong answers, so please respond honestly to each of the items below. Be sure to answer every item by circling the appropriate letter beside each.

A	B	C	D	E
Strongly Disagree	Disagree	Neutral or Don't Know	Agree	Strongly Agree

- A B C D E 1. There are things I prefer not to think about.
- A B C D E 2. Sometimes I wonder why I have the thoughts I do.
- A B C D E 3. I have thoughts that I cannot stop.
- A B C D E 4. There are images that come to mind that I cannot erase.
- A B C D E 5. My thoughts frequently return to one idea.
- A B C D E 6. I wish I could stop thinking of certain things.
- A B C D E 7. Sometimes my mind races so fast I wish I could stop it.
- A B C D E 8. I always try to put problems out of mind.
- A B C D E 9. There are thoughts that keep jumping into my head.
- A B C D E 10. There are things that I try not to think about.
- A B C D E 11. Sometimes I really wish I could stop thinking.
- A B C D E 12. I often do things to distract myself from my thoughts.
- A B C D E 13. I have thoughts that I try to avoid.
- A B C D E 14. There are many thoughts that I have that I don't tell anyone.
- A B C D E 15. Sometimes I stay busy just to keep thoughts from intruding on my mind.

SCORING: Total the items with A=1, B=2, C=3, D=4, E=5.

See [Wegner and Zanakos \(1994\)](#) for norms and interpretation.