FoRT Scale

Please read the following statements, and, for each one, consider how often, in general, you think about the future in these ways, and indicate whether you do so almost never, sometimes, often, or almost always. (Note that these questions are concerned with how often you generally think about the future in these ways rather than whether you tend to hold these as attitudes or beliefs about the future).

0 = Almost Never  1 = Sometimes  2 = Often  3 = Almost Always

1. I think about the possibility of good things not happening in the future. _____ (PT)
2. I spend time thinking about bad things that could happen. _____ (PT)
3. When something bad happens, I can’t stop myself from thinking about whether it will happen again. _____ (PT)
4. I think about how to accomplish my future goals. _____ (FG)
5. When I don’t get something that I want, I think about whether I will ever get the things that I want in life. _____ (PT)
6. When I am looking forward to something, I can’t stop myself from thinking about what it will be like. _____ (PI)
7. I imagine the steps I need to take to get things that I want in life. _____ (FG)
8. I think about the worst possible things that could happen. _____ (PT)
9. When I picture good things happening in my future, it is as if they were actually happening to me now. _____ (PI)
10. I daydream about the things that I want happening to me in the future. _____ (PI)
11. I make specific plans for how to get things that I want in life. _____ (FG)
12. I think about the possibility of losing people or things that are important to me. _____ (PT)
13. When I think about something bad happening, I have a hard time thinking about anything else. _____ (PT)
14. I play out scenes in my head over and over again about bad things that could happen. _____ (PT)
15. When I picture something good happening to me, I get so caught up in the moment that I don’t pay attention to other things. _____ (PI)
16. I think about the ways in which my life will be good in the future. _____ (FG)
Scoring for the FoRT Scale (Scores may be summed or averaged):

Pessimistic Repetitive Future Thinking (PT): Items 1, 2, 3, 5, 8, 12, 13, 14
Repetitive Thinking about Future Goals (FG): Items 4, 7, 11, 16
Positive Indulging about the Future (PI): Items 6, 9, 10, 15*

* Note that in the development of the FoRT Scale, the item “When I picture something good happening to me, I get so caught up in the moment that I don’t pay attention to other things” loaded onto the PI scale in an exploratory factor analysis but had a low loading onto the PI scale (and was thus removed) in a confirmatory factor analysis.

Reference: