

## AAQ-II

Below you will find a list of statements. Please rate how true each statement is for you by using the scale below to fill in your choice.

| 1          | 2                | 3           | 4              | 5               | 6                  | 7           |
|------------|------------------|-------------|----------------|-----------------|--------------------|-------------|
| never true | very seldom true | seldom true | sometimes true | frequently true | almost always true | always true |

1. My painful experiences and memories make it difficult for me to live a life that I would value.

2. I'm afraid of my feelings.

3. I worry about not being able to control my worries and feelings.

4. My painful memories prevent me from having a fulfilling life.

5. Emotions cause problems in my life.

6. It seems like most people are handling their lives better than I am.

7. Worries get in the way of my success.

TOTAL

This is a one-factor measure of psychological inflexibility, or experiential avoidance. Score the scale by summing the seven items. Higher scores equal greater levels of psychological inflexibility.

Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. M., Guenole, N., Orcutt, H. K., Waltz, T., & Zettle, R. D. (in press). Preliminary psychometric properties of the Acceptance and Action Questionnaire – II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy*.