

AAQ-II

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make 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. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. I'm afraid of my feelings. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. I worry about not being able to control my worries and feelings. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. My painful memories prevent me from having a fulfilling life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. Emotions cause problems in my life. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. It seems like most people are handling their lives better than I am. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. Worries get in the way of my success. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

AAQ-II Scoring instructions

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.

For more information, see:

Bond, F. W., Hayes, S. C., Baer, R. A., et al. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire – II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy, 42*, 676-688.