

Acceptance and Fusion Questionnaire for Youth (AFQ-Y)

We want to know more about what you think, how you feel, and what you do. Read each sentence. Then, circle a number between 0-4 that tells how true each sentence is for you.

	Not at all True	A little True	Pretty True	True	Very True
1. My life won't be good until I feel happy.	0	1	2	3	4
2. My thoughts and feelings mess up my life.	0	1	2	3	4
3. If I feel sad or afraid, then something must be wrong with me.	0	1	2	3	4
4. The bad things I think about myself must be true.	0	1	2	3	4
5. I don't try out new things if I'm afraid of messing up.	0	1	2	3	4
6. I must get rid of my worries and fears so I can have a good life.	0	1	2	3	4
7. I do all I can to make sure I don't look dumb in front of other people.	0	1	2	3	4
8. I try hard to erase hurtful memories from my mind.	0	1	2	3	4
9. I can't stand to feel pain or hurt in my body.	0	1	2	3	4
10. If my heart beats fast, there must be something wrong with me.	0	1	2	3	4
11. I push away thoughts and feelings that I don't like.	0	1	2	3	4
12. I stop doing things that are important to me whenever I feel bad.	0	1	2	3	4
13. I do worse in school when I have thoughts that make me feel sad.	0	1	2	3	4
14. I say things to make me sound cool.	0	1	2	3	4
15. I wish I could wave a magic wand to make all my sadness go away.	0	1	2	3	4
16. I am afraid of my feelings.	0	1	2	3	4
17. I can't be a good friend when I feel upset.	0	1	2	3	4

AFQ-Y8

We want to know more about what you think, how you feel, and what you do. Read each sentence. Then, circle a number between 0-4 that tells how true each sentence is for you.

	Not at all True	A little True	Pretty True	True	Very True
1. My life won't be good until I feel happy.	0	1	2	3	4
2. My thoughts and feelings mess up my life.	0	1	2	3	4
3. The bad things I think about myself must be true.	0	1	2	3	4
4. If my heart beats fast, there must be something wrong with me.	0	1	2	3	4
5. I stop doing things that are important to me whenever I feel bad.	0	1	2	3	4
6. I do worse in school when I have thoughts that make me feel sad.	0	1	2	3	4
7. I am afraid of my feelings.	0	1	2	3	4
8. I can't be a good friend when I feel upset.	0	1	2	3	4

AFQ-Y: Scoring instructions

Compute the total score by summing the items. For the 17-item AFQ-Y, possible scores range from 0 to 68. For the AFQ-Y8, possible scores range from 0 to 32.

For more information, see:

Greco, L. A., Lambert, W., & Baer, R. A. (2008). Psychological inflexibility in childhood and adolescence: Development and evaluation of the Avoidance and Fusion Questionnaire for Youth. *Psychological Assessment, 20*, 93-102.