

ACQ

Name: _____

Date: _____

Listed below are a number of statements describing a set of beliefs. Please read each statement carefully and, on the 0-5 scale given, indicate how much you think each statement is typical of you.

0-----1-----2-----3-----4-----5
 Strongly Moderately Slightly Slightly Moderately Strongly
 Disagree Disagree Disagree Agree Agree Agree

- ___1. I am usually able to avoid threat quite easily.
- ___2. How well I cope with difficult situations depends on whether I have outside help.
- ___3. When I am put under stress, I am likely to lose control.
- ___4. I can usually stop my anxiety from showing.
- ___5. When I am frightened by something, there is generally nothing I can do.
- ___6. My emotions seem to have a life of their own.
- ___7. There is little I can do to influence people's judgements of me.
- ___8. Whether I can successfully escape a frightening situation is always a matter of chance with me.
- ___9. I often shake uncontrollably.
- ___10. I can usually put worrisome thoughts out of my mind easily.
- ___11. When I am in a stressful situation, I am able to stop myself from breathing too hard.
- ___12. I can usually influence the degree to which a situation is potentially threatening to me.
- ___13. I am able to control my level of anxiety.
- ___14. There is little I can do to change frightening events.
- ___15. The extent to which a difficult situation resolves itself has nothing to do with my actions.
- ___16. If something is going to hurt me, it will happen no matter what I do.

0-----1-----2-----3-----4-----5
 Strongly Moderately Slightly Slightly Moderately Strongly
 Disagree Disagree Disagree Agree Agree Agree

- ___17. I can usually relax when I want.
- ___18. When I am under stress, I am not always sure how I will react.
- ___19. I can usually make sure people like me if I work at it.
- ___20. Most events that make me anxious are outside my control.
- ___21. I always know exactly how I will react to difficult situations.
- ___22. I am unconcerned if I become anxious in a difficult situation, because I am confident in my ability to cope with my symptoms.
- ___23. What people think of me is largely outside my control.
- ___24. I usually find it hard to deal with difficult problems.
- ___25. When I hear that someone has a serious illness, I worry that I am next.
- ___26. When I am anxious, I find it difficult to focus on anything other than my anxiety.
- ___27. I am able to cope as effectively with unexpected anxiety as I am with anxiety that I expect to occur.
- ___28. I sometimes think, "Why even bother to try to cope with my anxiety when nothing I do seems to affect how frequently or intensely I experience it?".
- ___29. I often have the ability to get along with "difficult" people.
- ___30. I will avoid conflict due to my inability to successfully resolve it.