DTQ

Please rate each item by selecting one of the five answers for each question. Please answer each statement by circling the number that best applies to you.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Strongly Disagree | Mildly Disagree | Feel Neutral | Mildly Agree | Strongly Agree |
| 1. | Feeling distressed or upset is unbearable to me. | 1 | 2 | 3 | 4 | 5 |
| 2. | When I feel distressed or upset, all I can think about is how bad I feel. | 1 | 2 | 3 | 4 | 5 |
| 3. | I can’t handle feeling distressed or upset. | 1 | 2 | 3 | 4 | 5 |
| 4. | My feelings of distress are so intense that they completely take over. | 1 | 2 | 3 | 4 | 5 |
| 5. | There’s nothing worse than feeling distressed or upset. | 1 | 2 | 3 | 4 | 5 |
| 6. | My feelings of distress or being upset are just an acceptable par of life. | 1 | 2 | 3 | 4 | 5 |
| 7. | I can tolerate being distressed or upset as well as most people. | 1 | 2 | 3 | 4 | 5 |
| 8. | My feelings of distress or being upset are not acceptable. | 1 | 2 | 3 | 4 | 5 |
| 9. | I’ll do anything to avoid feeling distressed or upset. | 1 | 2 | 3 | 4 | 5 |
| 10. | Other people seem to be able to tolerate feeling distressed or upset better than I can. | 1 | 2 | 3 | 4 | 5 |
| 11. | Being distressed or upset is always a major ordeal for me. | 1 | 2 | 3 | 4 | 5 |
| 12. | I am ashamed of myself when I feel distressed or upset. | 1 | 2 | 3 | 4 | 5 |
| 13. | My feelings of distress or being upset scare me. | 1 | 2 | 3 | 4 | 5 |
| 14. | I’ll do anything to stop feeling distressed or upset. | 1 | 2 | 3 | 4 | 5 |
| 15. | When I feel distressed or upset, I must do something about it immediately. | 1 | 2 | 3 | 4 | 5 |
| 16. | When I feel distressed or upset, I cannot help but concentrate on how bad the distress actually feels. | 1 | 2 | 3 | 4 | 5 |