**ABQ - English**

Below are statements describing how people relate to threatening things.

When a sentence reads "threats", refer to things that are threatening or stressful for you, even if not actually dangerous. Threatening things can be objects, animals, people, or situations that can imply something negative or dangerous to you.

For each statement, state the extent the statement applies to you.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Not at all** | **Slightly** | **Somewhat** | **To a large extent** | **To a great extent** |
| **1** | **It is difficult for me not to look at threatening things** | 0 | 1 | 2 | 3 | 4 |
| **2** | **Sometimes, I notice threats even before I have looked at them directly (e.g., from the corner of my eye)** | 0 | 1 | 2 | 3 | 4 |
| **3** | **My attention tends to "get stuck" on threatening things** | 0 | 1 | 2 | 3 | 4 |
| **4** | **I notice threats quickly** | 0 | 1 | 2 | 3 | 4 |
| **5** | **I am vigilant and alert towards threats in the surroundings** | 0 | 1 | 2 | 3 | 4 |
| **6** | **When I arrive somewhere new, I scan my surroundings and check for threats** | 0 | 1 | 2 | 3 | 4 |
| **7** | **If I notice a threat, I will focus on it for a long time** | 0 | 1 | 2 | 3 | 4 |
| **8** | **It is difficult for me to concentrate on other things when I know there is a threat in my surroundings** | 0 | 1 | 2 | 3 | 4 |
| **9** | **When I notice threats, it is difficult for me to stop focusing on them** | 0 | 1 | 2 | 3 | 4 |