

**THESE MEASURES ARE NOT TO BE SHARED WITHOUT THE
PERMISSION OF DR. TODD KASHDAN**

Psychological Flexibility Index

This survey measures the extent to which people pursue their goals despite the presence of stressors and challenges. To ensure participants respond to these items in a meaningful context, each item on psychological flexibility is in reference to a personally meaningful life goal. Participants are first asked to identify a life goal they are working on. Based on initial findings from pilot studies, we found support for three factors: avoidance (deflecting negative emotions and events that arise when pursuing a goal), acceptance (embracing emotions that arise when pursuing a goal), and harnessing (using negative emotions to fuel goal pursuit). To ensure that the goals participants recorded were central and meaningful to their lives, we added in four questions pertaining to the importance of the goal.

NOTE: The scale is administered twice, in response to two separate goals. This allows for a greater degree of real-world generalizability in responses.

Instructions: Please take a few moments to think of an important goal that you are working on. This goal can be in any area of your life, but it must be one and only one goal. Don't choose too quickly. Take a few moments to think about it. After you choose the goal, please write it in the following blank:

For each statement below, select the rating that best describes YOUR thoughts and feelings about this goal.

Response Scale: 1=*Strongly Disagree*, 2=*Disagree*, 3=*Somewhat Disagree*, 4=*Neither Agree Nor Disagree*, 5=*Agree*, 6=*Somewhat Agree*, 7=*Strongly Agree*

Items:

1. This goal is central to my life.
2. I find this goal challenging.
3. I feel stressed pursuing this goal.
4. I experience negative emotions while pursuing this goal (such as anxiety, frustration, guilt, anger, disappointment).
5. I avoid the most difficult goal-related tasks.^{av} - **R**
6. I put off uncomfortable tasks related to this goal for as long as possible.^{av} - **R**
7. I put off pursuing this goal when I could be doing a more enjoyable task.^{av} - **R**
8. When I feel stressed pursuing this goal, I give up.^{av} - **R**
9. I get so caught up in thoughts and feelings that I am unable to pursue this goal.^{av} - **R**
10. When I feel discouraged, I let my commitment for this goal slide.^{av} - **R**
11. I remain calm when upsetting thoughts arise while pursuing this goal.^{ac}
12. I accept the setbacks while pursuing this goal.^{ac}
13. While pursuing this goal, I try to accept my negative thoughts and feelings rather than resist them.^{ac}

14. I am willing to experience negative thoughts and emotions related to this goal.^{ac}
15. I accept things I cannot change about this goal.^{ac}
16. While pursuing this goal, I can observe unpleasant feelings without being drawn into them.^{ac}
17. Considering what can go wrong when pursuing this goal helps me prepare for it.^h
18. When faced with obstacles related to this goal, my frustration serves to energize me.^h
19. I find worrying helpful to solving goal-related problems.^h
20. When people distract me from this goal, I use any anger that arises to stay focused.^h
21. When I fail to meet my own expectations pursuing this goal, my guilt motivates me.^h
22. I find unpleasant emotions useful for reaching this goal.^h

Scoring: ^{ac} = Acceptance subscale, ^{av} = Avoidance subscale, ^h = Harnessing subscale, **R** = reverse-coded

In the avoidance subscale of the Psychological Flexibility Scale, items were reverse scored, such that higher scores indicated less avoidance.

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Value Element of Psychological Flexibility: Two Parts

Participants will be completing three similar measures of values. This first measure is assessing their values as they relate to reasons for pursuing their goal. The second two measures (below) assess participants' values in general.

Goal-Congruent Values

This measure is linked to the psychological flexibility items, and the two goals participants recorded. On two separate instances, participants are asked to choose the ONE statement of the TEN listed that is most aligned with each goal recorded for the Psychological Flexibility Index. Each statement corresponds with a value from the Schwartz Short Value Survey, with instructions that have been revised to better fit our goal of relating psychological flexibility and values.

NOTE: The scale is administered twice, in response to each of the separate goals reported in the initial Psychological Flexibility Index.

Instructions:

Please rewrite the important goal you identified in the survey you just completed:

Circle the item that best characterizes the underlying reason for the goal stated above.

Items:

1. It is important to me to be obedient.
2. It is important to me to always behave properly. I want to avoid doing anything people would say is wrong.
3. It's very important to me to help the people around me. I want to care for their well-being.
4. I think it is important that every person in the world be treated equally. I believe everyone should have equal opportunities in life.
5. I think it's important to be interested in things. I like to be curious and to try to understand all sorts of things.
6. I like to take risks. I am always looking for adventures.
7. I seek every chance I can to have fun. It is important to me to do things that give me pleasure.
8. Getting ahead in life is important to me. I strive to do better than others.
9. I always want to be the one who makes the decisions. I like to be the leader.
10. It is important to me that things be organized and clean. I really do not like things to be a mess.

Scoring: 1: Conformity, 2: Tradition, 3: Benevolence, 4: Universalism, 5: Self-Direction, 6: Stimulation, 7: Hedonism, 8: Achievement, 9: Power, 10: Security

Reference: Lindeman, M. & Verkasalo, M. (2005). Measuring values with the Short Schwartz's Value Survey. *Journal of Personality Assessment*, 85(2), 170-178.

NOTE: we are devising a scoring system where responses to the psychological flexibility index are influenced by the degree to which goals are congruent with values.

Core Values

Instructions: Below are areas of life that are valued by some people. Rate the importance of each statement below (by choosing a number) on a scale of 1-7. **1** means that the value is **not important**. **7** means that the value is **of central importance**. Rate each statement according to your own personal sense of importance.

Response Scale: 1=*Not important*, 2=*Minimally important*, 3=*Slightly important*, 4=*Important*, 5=*Moderately important*, 6=*Very important*, 7=*Extremely important*.

Items:

1. I believe I should always show respect to my parents and to older people. It is important to me to be obedient.
2. Religious belief is important to me. I try hard to do what my religion requires.
3. It's very important to me to help the people around me. I want to care for their well-being.
4. I think it is important that every person in the world be treated equally. I believe everyone should have equal opportunities in life.
5. I think it's important to be interested in things. I like to be curious and to try to understand all sorts of things.
6. I like to take risks. I am always looking for adventures.
7. I seek every chance I can to have fun. It is important to me to do things that give me pleasure.
8. Getting ahead in life is important to me. I strive to do better than others.
9. I always want to be the one who makes the decisions. I like to be the leader.
10. It is important to me that things be organized and clean. I really do not like things to be a mess.
11. It is important to me to always behave properly. I want to avoid doing anything people would say is wrong.
12. I think it is best to do things in traditional ways. It is important to me to keep up the customs I have learned.
13. It is important to me to respond to the needs of others. I try to support those I know.
14. I believe all the worlds' people should live in harmony. Promoting peace among all groups in the world is important to me.
15. Thinking up new ideas and being creative is important to me. I like to do things in my own original way.
16. I think it is important to do lots of different things in life. I always look for new things to try.
17. I really want to enjoy life. Having a good time is very important to me.
18. Being very successful is important to me. I like to impress other people.
19. It is important to me to be in charge and tell others what to do. I want people to do what I say.
20. Having a stable government is important to me. I am concerned that the social order be protected.

Scoring: 1, 11: Conformity; 2, 12: Tradition; 3, 13: Benevolence; 4, 14: Universalism; 5, 15: Self-Direction; 6, 16: Stimulation; 7, 17: Hedonism; 8, 18: Achievement; 9, 19: Power; 10, 20: Security

NOTE: This scale is connected to the preceding scales to calculate psychological flexibility.

Values in Everyday Life

Instructions: In this section, we would like you to give a rating of **how consistent your actions have been with each of your values**. We are not asking about your ideal in each area. We are also not asking what others think of you. Everyone does better in some areas than others. People also do better at some times than at others. We want to know how you think you have been doing during the past week. Rate each statement (by choosing a number) on a scale of 1-7. **1** means that your actions have been **completely inconsistent** with the statement below. **7** means that your actions have been **completely consistent** with the statement below.

Response Scale: From 1=*No alignment*, 2=*Minimal alignment*, 3=*Slight alignment*, 4=*Moderate alignment*, 5=*Considerable alignment*, 6=*Extreme alignment*, 7=*Perfect alignment*

Items:

1. I believe I should always show respect to my parents and to older people. It is important to me to be obedient
2. Religious belief is important to me. I try hard to do what my religion requires.
3. It's very important to me to help the people around me. I want to care for their well-being.
4. I think it is important that every person in the world be treated equally. I believe everyone should have equal opportunities in life.
5. I think it's important to be interested in things. I like to be curious and to try to understand all sorts of things.
6. I like to take risks. I am always looking for adventures.
7. I seek every chance I can to have fun. It is important to me to do things that give me pleasure.
8. Getting ahead in life is important to me. I strive to do better than others.
9. I always want to be the one who makes the decisions. I like to be the leader.
10. It is important to me that things be organized and clean. I really do not like things to be a mess.
11. It is important to me to always behave properly. I want to avoid doing anything people would say is wrong.
12. I think it is best to do things in traditional ways. It is important to me to keep up the customs I have learned.
13. It is important to me to respond to the needs of others. I try to support those I know.
14. I believe all the worlds' people should live in harmony. Promoting peace among all groups in the world is important to me.
15. Thinking up new ideas and being creative is important to me. I like to do things in my own original way.
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Emotion Prejudice Scale

The Emotion Prejudice Scale measures how much money a person is willing to pay for (or against) particular emotional experiences. We explored which emotions people would pay the most to experience or to avoid—whether people would choose to spend more money to experience positive emotions or avoid negative emotions. The more money allocated to avoid negative emotions, the less money they have available to experience positive emotions. Participants are asked to imagine that they can purchase the exact emotional experiences they will have tomorrow. Participants are given \$100 to divide between all 10 emotions. They are forced to spend all of the money, and all allocations have to total exactly \$100.

Instructions: Please read through the list of 10 emotions below. Imagine that you can purchase the exact emotional experiences you will have tomorrow. You can spend money on situations where you will feel particular positive emotions or spend money to avoid situations where you might feel negative emotions. You only have \$100 to determine what you are going to feel tomorrow. Enter a dollar amount for each emotion. WHEN YOU ADD UP ALL 10 RESPONSES, THEY MUST EQUAL EXACTLY \$100.

Items:

1. How much will you pay to EXPERIENCE a situation where you feel JOY?
2. How much will you pay to EXPERIENCE a situation where you feel GRATITUDE?
3. How much will you pay to EXPERIENCE a situation where you feel CONTENTMENT?
4. How much will you pay to EXPERIENCE a situation when you feel INTEREST?
5. How much will you pay to EXPERIENCE a situation where you feel AWE?
6. How much will you pay to AVOID a situation where you feel ANGER?
7. How much will you pay to AVOID a situation where you feel EMBARRASSMENT?
8. How much will you pay to AVOID a situation where you feel GUILT?
9. How much will you pay to AVOID a situation where you feel AFRAID?
10. How much will you pay to AVOID a situation where you feel SAD?

Scoring: We will provide the scoring algorithm at a later date.