**AAQ-II**

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to indicate how well each item describes you **for the past week.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** | | | | | **7** | | | |
| **never**  **true** | **very seldom true** | **seldom**  **true** | **sometimes**  **true** | **frequently**  **true** | **almost always true** | | | | | **always**  **true** | | | |
|  |  |  |  |  |  | | | | |  | | | |
| 1. My painful experiences and memories make it difficult for me to live a life that I would value. | | | | | | 1 | 2 | 3 | 4 | | 5 | 6 | 7 |
| 1. I’m afraid of my feelings. | | | | | | 1 | 2 | 3 | 4 | | 5 | 6 | 7 |
| 1. I worry about not being able to control my worries and feelings. | | | | | | 1 | 2 | 3 | 4 | | 5 | 6 | 7 |
| 1. My painful memories prevent me from having a fulfilling life. | | | | | | 1 | 2 | 3 | 4 | | 5 | 6 | 7 |
| 1. Emotions cause problems in my life. | | | | | | 1 | 2 | 3 | 4 | | 5 | 6 | 7 |
| 1. It seems like most people are handling their lives better than I am. | | | | | | 1 | 2 | 3 | 4 | | 5 | 6 | 7 |
| 1. Worries get in the way of my success. | | | | | | 1 | 2 | 3 | 4 | | 5 | 6 | 7 |