



Acceptance and Action Questionnaire - version 2 (AAQ-2)

Instructions:

Below you will find a list of statements. Please rate how true each statement is for you by selecting the appropriate option.

		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
2	I'm afraid of my feelings.	1	2	3	4	5	6	7
3	I worry about not being able to control my worries and feelings.	1	2	3	4	5	6	7
4	My painful memories prevent me from having a fulfilling life.	1	2	3	4	5	6	7
5	Emotions cause problems in my life.	1	2	3	4	5	6	7
6	It seems like most people are handling their lives better than I am.	1	2	3	4	5	6	7
7	Worries get in the way of my success.	1	2	3	4	5	6	7

TOTAL

Developer Reference:

Bond, F. W., Hayes, S. C., Baer, R. A., Carpenter, K. M., Guenole, N., Orcutt, H. K., Waltz, T., & Zettle, R. D. (2011). Preliminary psychometric properties of the Acceptance and Action Questionnaire – II: A revised measure of psychological inflexibility and experiential avoidance. *Behavior Therapy*, 42, 676–688.