Acceptance and Action Questionnaire (AAQ)

Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following scale to make your choice.

never very seldom seldom sometimes frequently almost always
true true true true true always true true

1. I am able to take action on a problem even if I am uncertain what the right thing to do is.

2. I often catch myself daydreaming about things I’ve done and what I would do differently next time.

3. When I feel depressed or anxious, I am unable to take care of my responsibilities.

4. I rarely worry about getting my anxieties, worries, and feelings under control.

5. I’m not afraid of my feelings.

6. When I evaluate something negatively, I usually recognize that this is just a reaction, not an objective fact.

7. When I compare myself to other people, it seems that most of them are handling their lives better than I do.

8. Anxiety is bad.

9. If I could magically remove all the painful experiences I’ve had in my life, I would do so.

Scoring Instructions

To calculate your score, add your ratings for all items. Be sure to reverse your scores for items 1, 4, 5, and 6 (i.e., 1 = 7, 2 = 6, 3 = 5, 4 = 4, 5 = 3, 6 = 2, 7 = 1). For example, if you rated item 4 as a 7, you would change that to a rating of 1 for purposes of determining your total score.