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

AAQ-2 · SELF-REPORT

NAME _____ DATE _____ CLINICIAN _____

Instructions

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

		1 NEVER TRUE	2 VERY SELDOM TRUE	3 SELDOM TRUE	4 SOMETIMES TRUE	5 FREQUENTLY TRUE	6 ALMOST ALWAYS TRUE	7 ALWAYS TRUE
1	My painful experiences and memories make it difficult for me to live a life that I would value.							
2	I'm afraid of my feelings.							
3	I worry about not being able to control my worries and feelings.							
4	My painful memories prevent me from having a fulfilling life.							
5	Emotions cause problems in my life.							
6	It seems like most people are handling their lives better than I am.							
7	Worries get in the way of my success.							

Total score (sum of all 7 items) _____

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.

Access this measure online

Score Online | View AAQ-2 details | AAQ-2 scoring information

Scan to administer the AAQ-2 online