



## Thought Action Fusion Scale-Revised (TAFS-R)

### Instructions:

Do you disagree or agree with the following statements?

		Disagree Strongly	Disagree	Neutral	Agree	Agree Strongly
1	Thinking of making an extremely critical remark to a friend is almost as unacceptable to me as actually saying it.	0	1	2	3	4
2	If I think of a relative/friend losing their job, this increases the risk that they will lose their job.	0	1	2	3	4
3	Having a blasphemous thought is almost as sinful to me as a blasphemous action.	0	1	2	3	4
4	Thinking about swearing at someone else is almost as unacceptable to me as actually swearing.	0	1	2	3	4
5	If I think of a relative/friend being in a car accident, this increases the risk that he/she will have a car accident.	0	1	2	3	4
6	When I have a nasty thought about someone else, it is almost as bad as carrying out a nasty action.	0	1	2	3	4
7	If I think of a friend/relative being injured in a fall, this increases the risk that he/she will have a fall and be injured.	0	1	2	3	4
8	Having violent thoughts is almost as unacceptable to me as violent acts.	0	1	2	3	4
9	If I think of a relative/friend falling ill this increases the risk that he/she will fall ill.	0	1	2	3	4
10	When I think about making an obscene remark or gesture in church, it is almost as sinful as actually doing it.	0	1	2	3	4
11	If I wish harm on someone, it is almost as bad as doing harm.	0	1	2	3	4
12	If I think of myself being injured in a fall, this increases the risk that I will have a fall and be injured.	0	1	2	3	4
13	When I think unkindly about a friend, it is almost as disloyal as doing an unkind act.	0	1	2	3	4
14	If I think of myself being in a car accident, this increases the risk that I will have a car accident.	0	1	2	3	4
15	If I think about making an obscene gesture to someone else, it is almost as bad as doing it.	0	1	2	3	4
16	If I think of myself falling ill, this increases the risk that I will fall ill.	0	1	2	3	4
17	If I have a jealous thought, it is almost the same as making a jealous remark.	0	1	2	3	4



		Disagree Strongly	Disagree	Neutral	Agree	Agree Strongly
18	Thinking of cheating in a personal relationship is almost as immoral to me as actually cheating.	0	1	2	3	4
19	Having obscene thoughts in a church is unacceptable to me.	0	1	2	3	4

**Developer Reference:**

Shafran, R., Thordarson, D. S., & Rachman, S. (1996). Thought–action fusion in obsessive compulsive disorder. *Journal of Anxiety Disorders*, 10, 379–391. [https://doi.org/10.1016/0887-6185\(96\)00018-7](https://doi.org/10.1016/0887-6185(96)00018-7)

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