**DIRECTIONS**: For each question, circle the appropriate number in the column to the right to indicate the degree to which you feel the statement is characteristic or true of you.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Not at all**  true of me | **A Little**  true of me | **Somewhat**  true of me | **Very**  true of me | | | **Extremely**  true of me | | | |
| **0** | **1** | **2** | **3** | | | **4** | | | |
| 1. | I try to avoid situations that might make me have unpleasant thoughts and feelings. | | | | | 0 | 1 | 2 | 3 | 4 |
| 2. | I do whatever I can to avoid feeling sad or worried or afraid. | | | | | 0 | 1 | 2 | 3 | 4 |
| 3. | I'll "lose it" if I don’t distract myself from my feelings. | | | | | 0 | 1 | 2 | 3 | 4 |
| 4. | If I begin to feel upset, I try to do something else to take my mind off of it. | | | | | 0 | 1 | 2 | 3 | 4 |
| 5. | I try to avoid uncomfortable situations. | | | | | 0 | 1 | 2 | 3 | 4 |
| 6. | When I have thoughts and feelings I don't like, I try not to think about them. | | | | | 0 | 1 | 2 | 3 | 4 |
| 7. | Even if people ask what's bothering me, I pretend nothing's wrong. | | | | | 0 | 1 | 2 | 3 | 4 |
| 8. | I try hard to forget about the things that make me worried or upset. | | | | | 0 | 1 | 2 | 3 | 4 |
| 9. | To avoid having to make hard decisions, I stay away from hard or stressful situations. | | | | | 0 | 1 | 2 | 3 | 4 |
| 10. | I try not to seem sad even when I feel that way. | | | | | 0 | 1 | 2 | 3 | 4 |
| 11. | When things do not go as well as I hoped, I try not to show that I am upset or sad about it. | | | | | 0 | 1 | 2 | 3 | 4 |
| 12. | I have a hard time showing my true feelings. | | | | | 0 | 1 | 2 | 3 | 4 |
| 13. | I try hard to calm myself down when I start getting angry. | | | | | 0 | 1 | 2 | 3 | 4 |
| 14. | Staying busy helps me avoid upsetting thoughts or ideas. | | | | | 0 | 1 | 2 | 3 | 4 |
| 15. | I prefer to keep conversations happy or light. | | | | | 0 | 1 | 2 | 3 | 4 |
| 16. | No matter how nervous or upset I am, I try to seem calm. | | | | | 0 | 1 | 2 | 3 | 4 |
| 17. | I have a hard time telling others how much they mean to me. | | | | | 0 | 1 | 2 | 3 | 4 |