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Protocol Number

Site

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Subject

Week

Phase

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Rater

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Date

Directions: Please read each item below. Rate how much each statement fits you using the scale to right of the question.

	<u>Very Little</u>	<u>A Little</u>	<u>Some</u>	<u>Much</u>	<u>Very Much</u>
1 I can't handle feeling distressed or upset.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2 Other people seem to be able to tolerate feeling distressed or upset better than I can.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3 Being distressed or upset is always a major ordeal for me.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4 My feelings of distress or being upset scare me.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5 I'll do anything to stop feeling distressed or upset.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6 When I feel distressed or upset, I cannot help but concentrate on how bad the distress actually feels.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7 I must be free of disturbing feelings as quickly as possible; I can't bear if they continue.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8 I can't stand situations where I might feel upset.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9 I can't bear disturbing feelings.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10 It scares me when I am nervous.....	<input type="radio"/> 0	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

