

AFQ-Y

(GRECO, MURRELL, & COYNE, 2005)

We want to know more about what you think, how you feel, and what you do. Read each sentence. Then, circle a number between 0-4 that tells how true each sentence is for you.

0 = Not at all True

1 = A Little True

2 = Pretty True

3 = True

4 = Very True

	Not at all True	A little True	Pretty True	True	Very True
1. My thoughts and feelings mess up my life.	0	1	2	3	4
2. I must get rid of my worries and fears so I can have a good life.	0	1	2	3	4
3. I do all I can to make sure I don't look dumb in front of other people.	0	1	2	3	4
4. I try hard to erase hurtful memories from my mind.	0	1	2	3	4
5. I can't stand to feel pain or hurt in my body.	0	1	2	3	4
6. I push away thoughts and feelings that I don't like.	0	1	2	3	4
7. I do worse in school when I have thoughts that make me feel sad.	0	1	2	3	4
8. I wish I could wave a magic wand to make all my sadness go away.	0	1	2	3	4