

## The Acceptance and Action Questionnaire (AAQ-2)

Veteran's Name: \_\_\_\_\_

Date: \_\_\_\_\_

Veteran's DOB: \_\_\_\_\_

Last four digits of SSN: \_\_\_\_\_

Staff: \_\_\_\_\_

Location: \_\_\_\_\_

Below you will find a list of statements. Please rate how true each statement is for you.

1. It's OK if I remember something unpleasant.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true

2. My painful experiences and memories make it difficult for me to live a life that I would value.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true

3. I am afraid of my feelings.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true

4. I worry about not being able to control my worries and feelings.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true

5. My painful memories prevent me from having a fulfilling life.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true

6. I am in control of my life.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true

7. Emotions cause problems in my life.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true

8. It seems like most people are handling their lives better than I am.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true

9. Worries get in the way of my success.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true

10. My thoughts and feelings do not get in the way of how I want to live my life.

- ☐ 1. Never true
- ☐ 2. Very seldom true
- ☐ 3. Seldom true
- ☐ 4. Sometimes true

- ☐ 5. Frequently true
- ☐ 6. Almost always true
- ☐ 7. Always true