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

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