

Personalized Psychological Flexibility Scale

Please take a few moments to think of an important goal you are working on. This goal can be in any area of your life, but it must be one and only one goal. Don't choose too quickly. Take a few moments to think about it. After you choose the goal, please write it in the following blank:

For each statement below, select the rating that best describes YOUR thoughts and feelings about this goal.

1. This goal is central to my life.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

2. I find this goal challenging.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

3. I feel stressed pursuing this goal.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

4. I experience negative emotions while pursuing this goal (such as anxiety, frustration, guilt, anger, disappointment).

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

5. I avoid the most difficult goal-related tasks.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

6. I put off pursuing this goal when I could be doing a more enjoyable task.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

7. When I feel stressed pursuing this goal, I give up.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

8. I get so caught up in thoughts and feelings that I am unable to pursue this goal.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

9. When I feel discouraged, I let my commitment for this goal slide.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

10. I accept the setbacks while pursuing this goal.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

11. While pursuing this goal, I try to accept my negative thoughts and feelings rather than resist them.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

12. I am willing to experience negative thoughts and emotions related to this goal.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

13. I accept things I cannot change about this goal.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

14. While pursuing this goal, I can observe unpleasant feelings without being drawn into them.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

15. When faced with obstacles related to this goal, my frustration serves to energize me.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

16. I find worrying helpful to solving goal-related problems.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

17. When people distract me from this goal, I use any anger that arises to stay focused.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

18. I get motivated by guilt when I fail to meet my own expectations pursuing this goal.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>

19. I find unpleasant emotions useful for reaching this goal.

1	2	3	4	5	6	7
<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Neither Agree Nor Disagree</i>	<i>Somewhat Agree</i>	<i>Agree</i>	<i>Strongly Agree</i>