Interpersonal AAQ (I-AAQ)

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice.

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</thead>
<tbody>
<tr>
<td>Never</td>
<td>True</td>
<td>very seldom true</td>
<td>seldom true</td>
<td>sometimes true</td>
<td>frequently true</td>
<td>almost always true</td>
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1. My painful experiences and memories about an interpersonal interaction(s) or a relationship(s) make it difficult for me to live a life I would value. 1 2 3 4 5 6 7
2. I'm afraid of my feelings regarding an interpersonal interaction(s) or a relationship(s). 1 2 3 4 5 6 7
3. I worry about not being able to control my worries and feelings about an interpersonal interaction(s) or a relationship(s). 1 2 3 4 5 6 7
4. My painful memories about an interpersonal interaction(s) or a relationship(s) prevent me from having a fulfilling life. 1 2 3 4 5 6 7
5. Emotions about an interpersonal interaction(s) or a relationship(s) cause problems in my life. 1 2 3 4 5 6 7
6. It seems like most people are handling their lives in terms of interpersonal interactions or relationships better than I am. 1 2 3 4 5 6 7
7. Worries about an interpersonal interaction(s) or a relationship(s) get in the way of my success. 1 2 3 4 5 6 7