

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.

1	2	3	4	5	6	7
Never True	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true

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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 |