

Committed Action Questionnaire (CAQ-8)

Directions: Below you will find a list of statements. Please rate the truth of each statement as it applies to you by circling a number. Use the following rating scale to make your choices. For instance, if you believe a statement is “Always True”, you would circle the 6 next to that statement.

0 Never True	1 Very Rarely True	2 Seldom True	3 Sometimes True	4 Often True	5 Almost Always True	6 Always True
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1	I can remain committed to my goals even when there are times that I fail to reach them (4)†	0	1	2	3	4	5	6
2	When a goal is difficult to reach, I am able to take small steps to reach it (5)	0	1	2	3	4	5	6
3	I prefer to change how I approach a goal rather than quit (7)	0	1	2	3	4	5	6
4	I am able to follow my long terms plans including times when progress is slow (8)	0	1	2	3	4	5	6
*5	I find it difficult to carry on with an activity unless I experience that it is successful (12)	0	1	2	3	4	5	6
*6	If I feel distressed or discouraged, I let my commitments slide (21)	0	1	2	3	4	5	6
*7	I get so wrapped up in what I am thinking or feeling that I cannot do the things that matter to me (22)	0	1	2	3	4	5	6
*8	If I cannot do something my way, I will not do it at all (23)	0	1	2	3	4	5	6

† Numbers in parentheses represent assigned item numbers from original CAQ item pool.

* Items marked with an asterisk are negatively keyed and need to be reversed before creating summary scores.