

## 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.

<b>0</b> <b>Never True</b>	<b>1</b> <b>Very Rarely True</b>	<b>2</b> <b>Seldom True</b>	<b>3</b> <b>Sometimes True</b>	<b>4</b> <b>Often True</b>	<b>5</b> <b>Almost Always True</b>	<b>6</b> <b>Always True</b>
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1	I can remain committed to my goals even when there are times that I fail to reach them	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	0	1	2	3	4	5	6
3	I prefer to change how I approach a goal rather than quit	0	1	2	3	4	5	6
4	I am able to follow my long terms plans including times when progress is slow	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	0	1	2	3	4	5	6
6	If I feel distressed or discouraged, I let my commitments slide	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	0	1	2	3	4	5	6
8	If I cannot do something my way, I will not do it at all	0	1	2	3	4	5	6