

## Committed Action Questionnaire

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><br><b>Never True</b> | <b>1</b><br><b>Very Rarely True</b> | <b>2</b><br><b>Seldom True</b> | <b>3</b><br><b>Sometimes True</b> | <b>4</b><br><b>Often True</b> | <b>5</b><br><b>Almost Always True</b> | <b>6</b><br><b>Always True</b> |
|-------------------------------|-------------------------------------|--------------------------------|-----------------------------------|-------------------------------|---------------------------------------|--------------------------------|

|    |  |   |   |   |   |   |   |   |
|----|--|---|---|---|---|---|---|---|
| 1  | I am able to persist with a course of action after experiencing difficulties                                   | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 2  | When I fail in reaching a goal, I can change how I approach it   | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 3  | 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 |
| 4  | When a goal is difficult to reach, I am able to take small steps to reach it                                   | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 5  | I act impulsively when I feel under pressure   | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 6  | I prefer to change how I approach a goal rather than quit  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 7  | I am able to follow my long terms plans including times when progress is slow                                  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 8  | When I fail to achieve what I want to do, I make a point to never do that again                                | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 9  | I get stuck doing the same thing over and over even if I am not successful                                     | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 10 | I find it difficult to carry on with an activity unless I experience that it is successful                     | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 11 | I am more likely to be guided by what I feel than by my goals  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 12 | I am able to pursue my goals both when this feels easy and when it feels difficult                             | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 13 | I am able to persist in what I am doing or to change what I am doing depending on what helps me reach my goals | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 14 | If I make a commitment and later fail to reach it, I then drop the commitment                                  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

|   |   |  |   |   |   |  |
|---|---|--|---|---|---|--|
| <b>0</b><br><b>Never</b><br><b>True</b> | <b>1</b><br><b>Very</b><br><b>Rarely</b><br><b>True</b> | <b>2</b><br><b>Seldom</b><br><b>True</b> | <b>3</b><br><b>Sometimes</b><br><b>True</b> | <b>4</b><br><b>Often</b><br><b>True</b> | <b>5</b><br><b>Almost</b><br><b>Always</b><br><b>True</b> | <b>6</b><br><b>Always</b><br><b>True</b> |
|---|---|--|---|---|---|--|

|    |  |   |   |   |   |   |   |   |
|----|--|---|---|---|---|---|---|---|
| 15 | I am able to incorporate discouraging experiences into the process of pursuing my long term plans  | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 16 | If I feel distressed or discouraged, I let my commitments slide                                    | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| 17 | 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 |
| 18 | If I cannot do something my way, I will not do it at all   | 0 | 1 | 2 | 3 | 4 | 5 | 6 |