**AAQ-CL: Rigid Climate distress**

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| **Please rate how often these statements are true for you.** | | | | | |
| 1)  I’m afraid of my feelings about climate change. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 2) I can be overwhelmed by my feelings about climate change. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 3) Painful images or information about climate change prevent me from having a fulfilling life. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 4) It seems like most people are handling climate change better than I am. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 5) Worries about climate change get in the way of my hopes and plans. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 6) I avoid painful thoughts and feelings about climate change. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |
| 7) My painful thoughts and feelings about climate change make it difficult for me to take action about climate. | 0  Never | 1  Rarely | 2  Sometimes | 3  Often | 4  Very Often |

Instructions: These items should be ranging from (0) never to (4) very often with higher scores indicating less psychological flexibility and greater experiential avoidance and climate anxiety

Guan…Epel (In preparation), Climate Distress before and after wildfire season: Individual differences in mindfulness and ideology