

AAQ-CL: Maladaptive Climate distress

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.