

Do I Have ADHD? — Your Guide to ADHD Self-Exploration

A Place to Keep Track of Everything You Want to Tell Your Healthcare Professional Regarding Your Experiences with ADHD

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How to Use This Workbook

Where do I start?

Anywhere that feels useful. You can begin with the DSM-5-TR criteria, choose a self-assessment that interests you, or browse through the workbook and start with the questions that stand out to you. You do not need to work through it in order.

Do I need to complete the whole workbook?

No. This workbook is a collection of tools for self-exploration. Complete the sections that feel relevant to you and skip the ones that do not.

Are all of the self-assessments required?

No.

Do I need to explain every answer?

No. The “Reasoning” column is there when you want to add context, not because every answer needs an explanation. If selecting a response feels sufficient, you can leave the reasoning space blank.

What if I cannot think of an example right away?

Leave it blank and come back later. You may remember examples while going about your day, talking with someone who knew you growing up, or completing another section of the workbook.

Can I stop and come back to it?

Yes. You are not expected to complete this workbook in one sitting. Do a few questions, a page, or one section at a time. You can stop whenever you are tired, overwhelmed, bored, or done for the day and return whenever you want.

Can I change an answer later?

Yes. Your answers are not permanent. Self-exploration is a process, and your understanding of your experiences may change as you remember earlier experiences, notice new patterns, or learn more about ADHD.

What am I supposed to do with the workbook when I am finished?

Whatever is useful to you. You can keep it for your own reflection, use it to organize your thoughts before an ADHD assessment, or bring relevant sections to a healthcare professional. You do not need to share the entire workbook.

Is this workbook supposed to tell me whether I have ADHD?

No. This workbook is designed to help you explore, organize, and document your experiences. It is not a diagnostic assessment and does not determine whether you have ADHD.

DSM-5-TR ADHD Criteria

A. A persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development, as characterized by (1) and/or (2):

A1 Inattention

Inattention: Six (or more) of the following symptoms have persisted for at least 6 months to a degree that is inconsistent with developmental level and that negatively impacts directly on social and academic/occupational activities:

Note: The symptoms are not solely a manifestation of oppositional behavior, defiance, hostility, or failure to understand tasks or instructions. For older adolescents and adults (age 17 and older), at least five symptoms are required.

DSM criterion	Childhood examples	Adulthood examples
A1a. Often fails to give close attention to details or makes careless mistakes in schoolwork, at work, or during other activities (e.g., overlooks or misses details, work is inaccurate).		
A1b. Often has difficulty sustaining attention in tasks or play activities (e.g., has difficulty remaining focused during lectures, conversations, or lengthy reading).		
A1c. Often does not seem to listen when spoken to directly (e.g., mind seems elsewhere, even in the absence of any obvious distraction).		

DSM criterion	Childhood examples	Adulthood examples
A1d. Often does not follow through on instructions and fails to finish schoolwork, chores, or duties in the workplace (e.g., starts tasks but quickly loses focus and is easily sidetracked).		
A1e. Often has difficulty organizing tasks and activities (e.g., difficulty managing sequential tasks; difficulty keeping materials and belongings in order; messy, disorganized work; has poor time management; fails to meet deadlines).		
A1f. Often avoids, dislikes, or is reluctant to engage in tasks that require sustained mental effort (e.g., schoolwork or homework; for older adolescents and adults, preparing reports, completing forms, reviewing lengthy papers).		
A1g. Often loses things necessary for tasks or activities (e.g., school materials, pencils, books, tools, wallets, keys, paperwork, eyeglasses, mobile telephones).		

DSM criterion	Childhood examples	Adulthood examples
A1h. Is often easily distracted by extraneous stimuli (for older adolescents and adults, may include unrelated thoughts).		
A1i. Is often forgetful in daily activities (e.g., doing chores, running errands; for older adolescents and adults, returning calls, paying bills, keeping appointments).		

A2 Hyperactivity and Impulsivity

Hyperactivity and impulsivity: Six (or more) of the following symptoms have persisted for at least 6 months to a degree that is inconsistent with developmental level and that negatively impacts directly on social and academic/occupational activities: For older adolescents and adults (age 17 and older), at least five symptoms are required.

DSM criterion	Childhood examples	Adulthood examples
A2a. Often fidgets with or taps hands or feet or squirms in seat.		
A2b. Often leaves seat in situations when remaining seated is expected (e.g., leaves his or her place in the classroom, in the office or other workplace, or in other situations that require remaining in place).		
A2c. Often runs about or climbs in situations where it is inappropriate. (Note: In adolescents or adults, may be limited to feeling restless.)		
A2d. Often unable to play or engage in leisure activities quietly.		

DSM criterion	Childhood examples	Adulthood examples
A2e. Is often “on the go,” acting as if “driven by a motor” (e.g., is unable to be or uncomfortable being still for extended time, as in restaurants, meetings; may be experienced by others as being restless or difficult to keep up with).		
A2f. Often talks excessively.		
A2g. Often blurts out an answer before a question has been completed (e.g., completes people’s sentences; cannot wait for turn in conversation).		
A2h. Often has difficulty waiting his or her turn (e.g., while waiting in line).		
A2i. Often interrupts or intrudes on others (e.g., butts into conversations, games, or activities; may start using other people’s things without asking or receiving permission; for adolescents and adults, may intrude into or take over what others are doing).		

B to E Additional Criteria

B. Several inattentive or hyperactive-impulsive symptoms were present prior to age 12 years.

YES or NO

C. Several inattentive or hyperactive-impulsive symptoms are present in two or more settings (e.g., at home, school, or work; with friends or relatives; in other activities).

YES or NO

D. There is clear evidence that the symptoms interfere with, or reduce the quality of, social, academic, or occupational functioning.

YES or NO

E. The symptoms do not occur exclusively during the course of schizophrenia or another psychotic disorder and are not better explained by another mental disorder (e.g., mood disorder, anxiety disorder, dissociative disorder, personality disorder, substance intoxication or withdrawal).

YES or NO

ADHD Self-Assessments

Adult ADHD Self-Report Screening Scale ASRS-5

Why: A brief adult ADHD screening questionnaire.

[Open ASRS-5 questionnaire](#)

Response options: Never • Rarely • Sometimes • Often • Very often.

Question	Response	Reasoning
1. How often do you have difficulty concentrating on what people are saying to you even when they are speaking to you directly?		
2. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?		
3. How often do you have difficulty unwinding and relaxing when you have time to yourself?		
4. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to before they can finish them themselves?		
5. How often do you put things off until the last minute?		
6. How often do you depend on others to keep your life in order and attend to details?		

Date completed: _____ My score: _____

Barkley Adult ADHD Rating Scale BAARS-IV

Why: Explore adult ADHD-related symptoms.

[Open BAARS-IV questionnaire](#)

Item	Response	Reasoning
1. Fail to give close attention to details or make careless mistakes in my work or other activities.		
2. Difficulty sustaining my attention in tasks or fun activities.		
3. Don't listen when spoken to directly.		
4. Don't follow through on instructions and fail to finish work or chores.		
5. Have difficulty organizing tasks and activities.		
6. Avoid, dislike, or am reluctant to engage in tasks that require sustained mental effort.		
7. Lose things necessary for tasks or activities.		
8. Easily distracted by extraneous stimuli or irrelevant thoughts.		
9. Forgetful in daily activities.		
10. Fidget with hands or feet or squirm in a seat.		

Item	Response	Reasoning
11. Leave my seat in classrooms or in other situations in which remaining seated is expected.		
12. Shift around excessively or feel restless or hemmed in.		
13. Have difficulty engaging in leisure activities quietly (feel uncomfortable, or am loud or noisy).		
14. I am 'on the go' or act as if 'driven by a motor' (or I feel like I have to be busy or always doing something).		
15. Talk excessively (in social situations).		
16. Blurt out answers before questions have been completed, complete others' sentences, or jump the gun.		
17. Have difficulty awaiting my turn.		
18. Interrupt or intrude on others (butt into conversations or activities without permission or take over what others are doing).		
19. Prone to daydreaming when I should be concentrating on something or working.		
20. Have trouble staying alert or awake in boring situations.		

Item	Response	Reasoning
21. Easily confused.		
22. Easily bored.		
23. Spacey or 'in a fog.'		
24. Lethargic, more tired than others.		
25. Underactive or have less energy than others.		
26. Slow moving.		
27. I don't seem to process information as quickly or as accurately as others.		

Date completed: _____ My score: _____

Barkley Deficits in Executive Functioning Scale BDEFS

Why: Explore difficulties with everyday executive functioning.

[Open BDEFS questionnaire](#)

Item	Response	Reasoning
1. Procrastinate or put off doing things until the last minute.		
2. Poor sense of time.		
3. Waste or mismanage my time.		
4. Not prepared on time for work or assigned tasks.		
5. Fail to meet deadlines for assignments.		
6. Have trouble planning ahead or preparing for upcoming events.		
7. Forget to do things I am supposed to do.		
8. Can't seem to accomplish the goals I set for myself.		
9. Late for work or scheduled appointments.		
10. Can't seem to hold in mind things I need to remember to do.		
11. Can't seem to get things done unless there is an immediate deadline.		

Item	Response	Reasoning
12. Have difficulty judging how much time it will take to do something or get somewhere.		
13. Have trouble motivating myself to start work.		
14. Have difficulty motivating myself to stick with my work and get it done.		
15. Not motivated to prepare in advance for things I know I am supposed to do.		
16. Have trouble completing one activity before starting into a new one.		
17. Have trouble doing what I tell myself to do.		
18. Difficulties following through on promises or commitments I may make to others.		
19. Lack self-discipline.		
20. Have difficulty arranging or doing my work by its priority or importance; can't "prioritize" well.		
21. Find it hard to get started or get going on things I need to get done.		
22. I do not seem to anticipate the future as much or as well as others.		

Item	Response	Reasoning
23. Can't seem to remember what I previously heard or read about.		
24. I have trouble organizing my thoughts.		
25. When I am shown something complicated to do, I cannot keep the information in mind so as to imitate or do it correctly.		
26. I have trouble considering various options for doing things and weighing their consequences.		
27. Have difficulties saying what I want to say.		
28. Unable to come up with or invent as many solutions to problems as others seem to do.		
29. Find myself at a loss for words when I want to explain something to others.		
30. Have trouble putting my thoughts down in writing as well or as quickly as others.		
31. Feel I am not as creative or inventive as others of my level of intelligence.		

Item	Response	Reasoning
32. In trying to accomplish goals or assignments, I find I am not able to think of as many ways of doing things as others.		
33. Have trouble learning new or complex activities as well as others.		
34. Have difficulty explaining things in their proper order or sequence.		
35. Can't seem to get to the point of my explanations as quickly as others.		
36. Have trouble doing things in their proper order or sequence.		
37. Unable to "think on my feet" or respond as effectively as others to unexpected events.		
38. I am slower than others at solving problems I encounter in my daily life.		
39. Easily distracted by irrelevant events or thoughts when I must concentrate on something.		
40. Not able to comprehend what I read as well as I should be able to do; have to reread material to get its meaning.		
41. Cannot focus my attention on tasks or work as well as others.		

Item	Response	Reasoning
42. Easily confused.		
43. Can't seem to sustain my concentration on reading, paperwork, lectures, or work.		
44. Find it hard to focus on what is important from what is not important when I do things.		
45. I don't seem to process information as quickly or as accurately as others.		
46. Find it difficult to tolerate waiting; impatient.		
47. Make decisions impulsively.		
48. Unable to inhibit my reactions or responses to events or others.		
49. Have difficulty stopping my activities or behavior when I should do so.		
50. Have difficulty changing my behavior when I am given feedback about my mistakes.		
51. Make impulsive comments to others.		
52. Likely to do things without considering the consequences for doing them.		

Item	Response	Reasoning
53. Change my plans at the last minute on a whim or last minute impulse.		
54. Fail to consider past relevant events or past personal experiences before responding to situations (I act without thinking).		
55. Not aware of things I say or do.		
56. Have difficulty being objective about things that affect me.		
57. Find it hard to take other people's perspectives about a problem or situation.		
58. Don't think about or talk things over with myself before doing something.		
59. Trouble following the rules in a situation.		
60. More likely to drive a motor vehicle much faster than others (Excessive speeding).		
61. Have a low tolerance for frustrating situations.		
62. Cannot inhibit my emotions as well as others.		

Item	Response	Reasoning
63. I don't look ahead and think about what the future outcomes will be before I do something (I don't use my foresight).		
64. I engage in risk taking activities more than others are likely to do.		
65. Likely to take short cuts in my work and not do all that I am supposed to do.		
66. Likely to skip out on work early if my work is boring to do.		
67. Do not put as much effort into my work as I should or than others are able to do.		
68. Others tell me I am lazy or unmotivated.		
69. Have to depend on others to help me get my work done.		
70. Things must have an immediate payoff for me or I do not seem to get them done.		
71. Have difficulty resisting the urge to do something fun or more interesting when I am supposed to be working.		
72. Inconsistent in the quality or quantity of my work performance.		

Item	Response	Reasoning
73. Unable to work as well as others without supervision or frequent instruction.		
74. I do not have the willpower or determination that others seem to have.		
75. I am not able to work toward longer term or delayed rewards as well as others.		
76. I cannot resist doing things that produce immediate rewards even if they are not good for me in the long run.		
77. Quick to get angry or become upset.		
78. Overreact emotionally.		
79. Easily excitable.		
80. Unable to inhibit showing strong negative or positive emotions.		
81. Have trouble calming myself down once I am emotionally upset.		
82. Cannot seem to regain emotional control and become more reasonable once I am emotional.		

Item	Response	Reasoning
83. Cannot seem to distract myself away from whatever is upsetting me emotionally to help calm me down. I can't refocus my mind to a more positive framework.		
84. Unable to manage my emotions in order to accomplish my goals successfully or get along well with others.		
85. I remain emotional or upset longer than others.		
86. I find it difficult to walk away from emotionally upsetting encounters with others or leave situations in which I have become very emotional.		
87. I cannot rechannel or redirect my emotions into more positive ways or outlets when I get upset.		
88. I am not able to evaluate an emotionally upsetting event more objectively.		
89. I cannot redefine negative events into more positive viewpoints when I feel strong emotions.		

Date completed: _____ My score: _____

Executive Skills Questionnaire Revised ESQ-R

Why: Explore everyday executive skill strengths and difficulties.

<https://psytests.org/diag/exsqren.html>

Response options: Never or rarely • Sometimes • Often • Very often. Follow the source's instructions for scoring.

Question	Response	Reasoning
1. I act on impulse.		
2. I say things without thinking.		
3. I lose things.		
4. I have a short fuse.		
5. I get upset when things don't go as planned.		
6. I run out of steam before finishing a task.		
7. It's hard for me to set priorities when I have a lot of things to do.		
8. My desk or work space is a mess.		
9. I have trouble keeping my house or room clean.		
10. I have trouble estimating how long it will take to complete a task.		
11. I'm slow at getting ready for school, work, or appointments.		
12. If the first solution to a problem doesn't work, I have trouble thinking of a different one.		

Question	Response	Reasoning
13. I skip checking my work for mistakes, even when the stakes are high.		
14. I get annoyed when tasks are too hard.		
15. It's hard for me to put aside fun activities to start things I know I need to do.		
16. I have trouble with tasks where I have to come up with my own ideas.		
17. It's hard for me to tell how well I'm doing on a task.		
18. I have trouble reaching long-term goals.		
19. I "go with my gut" when making decisions.		
20. I get so wrapped up in what I'm doing that I forget about other things I need to do.		
21. Little things frustrate me.		
22. I have trouble getting back on track if I'm interrupted.		
23. I have trouble making a plan.		
24. I miss the big picture.		
25. I live for the moment.		

Date completed: _____ My score: _____

Compensatory ADHD Behaviors Scale CABS

Why: Explore which compensatory strategies you use and how helpful they are.

[Open CABS questionnaire](#)

Item	Response	Reasoning
1. I check things I've done to make sure I didn't make a mistake.		
2. I often complete tasks as soon as possible so that I do not forget to do them.		
3. I keep things organized so I do not forget where I placed them.		
4. I keep things in sight or in a specific spot to stay organized.		
5. I use planners to keep track of my day-to-day tasks or activities.		
6. I use calendars to keep track of future tasks or activities.		
7. I use to-do lists to keep track of tasks or activities I need to complete.		
8. I use reminders to keep track of important tasks or activities.		
9. I ask my friends or family to remind me of important tasks or activities that I have.		
10. I schedule more time for certain tasks or activities than I initially imagine they will take.		

Item	Response	Reasoning
11. I use alarms to remind me of important tasks or activities.		
12. I create organizational strategies to help manage day-to-day tasks or activities.		
13. I create budgets to help manage my money/bank accounts.		
14. Before making new commitments, I take care of what I have already committed to.		

Strategy effectiveness

Item	Response	Reasoning
1. Checking things helps me avoid making mistakes.		
2. Completing tasks as soon as possible helps me avoid forgetting to do them later.		
3. Keeping things organized helps me avoid forgetting where I place them.		
4. Keeping things in sight or in a specific spot helps me to stay organized.		
5. Using planners for my day-to-day tasks or activities helps me.		

Item	Response	Reasoning
6. Using calendars for tasks or activities I need to complete in the future helps me.		
7. Using to-do lists helps me keep track of tasks I need to complete.		
8. Using reminders helps me keep track of important tasks or activities.		
9. I ask my friends or family to remind me of important tasks or activities that I have, which helps me.		
10. Scheduling more time for certain tasks or activities helps me complete them on time.		
11. Trying to use alarms helps remind me of important tasks.		
12. Creating organizational strategies helps me manage day-to-day activities/tasks.		
13. Creating budgets helps me manage my money/bank accounts.		
14. Taking care of prior commitments before making new commitments helps me.		

Date completed: _____ My score: _____

Weiss Functional Impairment Rating Scale WFIRS-S

Why: Explore how difficulties affect different areas of daily life.

[Open WFIRS-S questionnaire](#)

Item	Response	Reasoning
1. Having problems with family.		
2. Having problems with spouse/partner.		
3. Relying on others to do things for you.		
4. Causing fighting in the family.		
5. Makes it hard for the family to have fun together.		
6. Problems taking care of your family.		
7. Problems balancing your needs against those of your family.		
8. Problems losing control with family.		
9. Problems performing required duties.		
10. Problems with getting your work done efficiently.		
11. Problems with your supervisor.		
12. Problems keeping a job.		
13. Getting fired from work.		

Item	Response	Reasoning
14. Problems working in a team.		
15. Problems with your attendance.		
16. Problems with being late.		
17. Problems taking on new tasks.		
18. Problems working to your potential.		
19. Poor performance evaluations.		
20. Problems taking notes.		
21. Problems completing assignments.		
22. Problems getting your work done efficiently.		
23. Problems with teachers.		
24. Problems with school administrators.		
25. Problems meeting minimum requirements to stay in school.		
26. Problems with attendance.		
27. Problems with being late.		
28. Problems with working to your potential.		

Item	Response	Reasoning
29. Problems with inconsistent grades.		
30. Excessive or inappropriate use of internet, video games or TV.		
31. Problems keeping an acceptable appearance.		
32. Problems getting ready to leave the house.		
33. Problems getting to bed.		
34. Problems with nutrition.		
35. Problems with sex.		
36. Problems with sleeping.		
37. Getting hurt or injured.		
38. Avoiding exercise.		
39. Problems keeping regular appointments with doctor/dentist.		
40. Problems keeping up with household chores.		
41. Problems managing money.		
42. Feeling bad about yourself.		
43. Feeling frustrated with yourself.		
44. Feeling discouraged.		

Item	Response	Reasoning
45. Not feeling happy with your life.		
46. Feeling incompetent.		
47. Getting into arguments.		
48. Trouble cooperating.		
49. Trouble getting along with people.		
50. Problems having fun with other people.		
51. Problems participating in hobbies.		
52. Problems making friends.		
53. Problems keeping friends.		
54. Saying inappropriate things.		
55. Complaints from neighbours.		
56. Aggressive driving.		
57. Doing other things while driving.		
58. Road rage.		
59. Breaking or damaging things.		
60. Doing things that are illegal.		
61. Being involved with the police.		

Item	Response	Reasoning
62. Smoking cigarettes.		
63. Smoking marijuana.		
64. Drinking alcohol.		
65. Taking “street” drugs.		
66. Sex without protection (birth control, condom).		
67. Sexually inappropriate behaviour.		
68. Being physically aggressive.		
69. Being verbally aggressive.		

Date completed: _____ My score: _____

Adult ADHD Quality of Life Scale AAQoL

Why: Reflect on the effect of ADHD-related experiences on quality of life.

[Open AAQoL questionnaire](#)

In the past two weeks...

Item	Response	Reasoning
1. Keep the house/apartment clean or uncluttered		
2. Manage finances (cashing checks, balancing checkbook, paying bills)		
3. Remember important things		
4. Get shopping done (food, clothes, household items)		
5. Pay attention when interacting with others		
6. Overwhelmed		
7. Anxious		
8. Depressed		
9. Unable to meet others' expectations (home or work)		
10. You annoyed people		
11. Getting things done requires too much effort		
12. People are frustrated with you		

Item	Response	Reasoning
13. You have overreacted in difficult situations		
14. Your energy is well spent (has positive results)		
15. Able to enjoy time with others		
16. You can successfully manage your life		
17. As productive as desired		
18. Tension in relationships		
19. Not having quality time with others		
20. Feeling fatigued		
21. Fluctuations (ups and downs) in emotions		
22. Complete projects or tasks (work or home)		
23. Get started with uninteresting tasks		
24. Balance multiple projects		
25. Get things done on time		
26. Keep track of important items (keys, wallet)		
27. Good about yourself		

Item	Response	Reasoning
28. People enjoy spending time with you		
29. Intimate relationship going well emotionally		

Date completed: _____ My score: _____

Wender Utah Adult ADHD Rating Scale WURS

Why: Recall childhood ADHD symptoms retrospectively as an adult.

[Open WURS questionnaire](#)

Response options: Not at all or very slightly • Mildly • Moderately • Quite a bit • Very much.

Item	Response	Reasoning
1. As a child in school I had concentration problems, easily distracted		
2. As a child in school I was anxious, worrying		
3. As a child in school I was nervous, fidgety		
4. As a child in school I was inattentive, daydreaming		
5. As a child in school I was hot- or short-tempered, low boiling point		
6. As a child in school I had temper outbursts, tantrums		
7. As a child in school I had trouble with stick-to-it-tiveness, not following through, failing to finish things started		
8. As a child in school I was stubborn, strong-willed		
9. As a child in school I was sad or blue, depressed, unhappy		

Item	Response	Reasoning
10. As a child in school I was disobedient with parents, rebellious, sassy		
11. As a child in school I had low opinion of myself		
12. As a child in school I was irritable		
13. As a child in school I was moody, ups and downs		
14. As a child in school I was angry		
15. As a child in school I was acting without thinking, impulsive		
16. As a child in school I had tendency to be immature		
17. As a child in school I had guilty feelings, regretful		
18. As a child in school I was losing control of myself		
19. As a child in school I had tendency to be or act irrational		
20. As a child in school I was unpopular with other children, didn't keep friends for long, didn't get along with other children		

Item	Response	Reasoning
21. As a child in school I had trouble seeing things from someone else's point of view		
22. As a child in school I had trouble with authorities, trouble with school, visits to principal's office		
23. As a child in school I was overall a poor student, slow learner		
24. As a child in school I had trouble with mathematics or numbers		
25. As a child in school I was not achieving up to potential		

Date completed: _____ My score: _____

Difficulties in Emotion Regulation Scale DERS

Why: Explore patterns in recognizing, understanding, and regulating emotions.

[Open DERS questionnaire](#)

Response options: Almost Never • Sometimes • About Half the Time • Most of the Time • Almost Always.

Item	Response	Reasoning
1. I am clear about my feeling.		
2. I pay attention to how I feel.		
3. I experience my emotions as overwhelming and out of control.		
4. I have no idea how I am feeling.		
5. I have difficulty making sense out of my feelings.		
6. I am attentive to my feelings.		
7. I know exactly how I am feeling.		
8. I care about what I am feeling.		
9. I am confused about how I feel.		
10. When I'm upset, I acknowledge my emotions.		
11. When I'm upset, I become angry with myself for feeling that way.		
12. When I'm upset, I become embarrassed for feeling that way.		
13. When I'm upset, I have difficulty getting work done.		

Item	Response	Reasoning
14. When I'm upset, I become out of control.		
15. When I'm upset, I believe that I will remain that way for a long time.		
16. When I'm upset, I believe that I'll end up feeling very depressed.		
17. When I'm upset, I believe that my feelings are valid and important.		
18. When I'm upset, I have difficulty focusing on other things.		
19. When I'm upset, I feel out of control.		
20. When I'm upset, I can still get things done.		
21. When I'm upset, I feel ashamed with myself for feeling that way.		
22. When I'm upset, I know that I can find a way to eventually feel better.		
23. When I'm upset, I feel like I am weak.		
24. When I'm upset, I feel like I can remain in control of my behaviours.		
25. When I'm upset, I feel guilty for feeling that way.		

Item	Response	Reasoning
26. When I'm upset, I have difficulty concentrating.		
27. When I'm upset, I have difficulty controlling my behaviours.		
28. When I'm upset, I believe that there is nothing I can do to make myself feel better.		
29. When I'm upset, I become irritated with myself for feeling that way.		
30. When I'm upset, I start to feel very bad about myself.		
31. When I'm upset, I believe that wallowing in it is all I can do.		
32. When I'm upset, I lose control over my behaviours.		
33. When I'm upset, I have difficulty thinking about anything else.		
34. When I'm upset I take time to figure out what I'm really feeling.		
35. When I'm upset, it takes me a long time to feel better.		
36. When I'm upset, my emotions feel overwhelming.		

Date completed: _____ My score: _____

UPPS-P Impulsive Behavior Scale

Why: Explore facets of impulsivity, including urgency, premeditation, perseverance, and sensation seeking.

[Open UPPS-P questionnaire](#)

Response options: Agree Strongly • Agree Somewhat • Disagree Somewhat • Disagree Strongly.

Item	Response	Reasoning
1. I have a reserved and cautious attitude toward life.		
2. I have trouble controlling my impulses.		
3. I generally seek new and exciting experiences and sensations.		
4. I generally like to see things through to the end.		
5. When I am very happy, I can't seem to stop myself from doing things that can have bad consequences.		
6. My thinking is usually careful and purposeful.		
7. I have trouble resisting my cravings (for food, cigarettes, etc.).		
8. I'll try anything once.		
9. I tend to give up easily.		
10. When I am in a great mood, I tend to get into situations that could cause me problems.		

Item	Response	Reasoning
11. I am not one of those people who blurt out things without thinking.		
12. I often get involved in things I later wish I could get out of.		
13. I like sports and games in which you have to choose your next move very quickly.		
14. Unfinished tasks really bother me.		
15. When I am very happy, I tend to do things that may cause problems in my life.		
16. I like to stop and think things over before I do them.		
17. When I feel bad, I will often do things I later regret in order to make myself feel better now.		
18. I would enjoy water skiing.		
19. Once I get going on something I hate to stop.		
20. I tend to lose control when I am in a great mood.		
21. I don't like to start a project until I know exactly how to proceed.		

Item	Response	Reasoning
22. Sometimes when I feel bad, I can't seem to stop what I am doing even though it is making me feel worse.		
23. I quite enjoy taking risks.		
24. I concentrate easily.		
25. When I am really ecstatic, I tend to get out of control.		
26. I would enjoy parachute jumping.		
27. I finish what I start.		
28. I tend to value and follow a rational, "sensible" approach to things.		
29. When I am upset I often act without thinking.		
30. Others would say I make bad choices when I am extremely happy about something.		
31. I welcome new and exciting experiences and sensations, even if they are a little frightening and unconventional.		
32. I am able to pace myself so as to get things done on time.		

Item	Response	Reasoning
33. I usually make up my mind through careful reasoning.		
34. When I feel rejected, I will often say things that I later regret.		
35. Others are shocked or worried about the things I do when I am feeling very excited.		
36. I would like to learn to fly an airplane.		
37. I am a person who always gets the job done.		
38. I am a cautious person.		
39. It is hard for me to resist acting on my feelings.		
40. When I get really happy about something, I tend to do things that can have bad consequences.		
41. I sometimes like doing things that are a bit frightening.		
42. I almost always finish projects that I start.		
43. Before I get into a new situation I like to find out what to expect from it.		
44. I often make matters worse because I act without thinking when I am upset.		

Item	Response	Reasoning
45. When overjoyed, I feel like I can't stop myself from going overboard.		
46. I would enjoy the sensation of skiing very fast down a high mountain slope.		
47. Sometimes there are so many little things to be done that I just ignore them all.		
48. I usually think carefully before doing anything.		
49. Before making up my mind, I consider all the advantages and disadvantages.		
50. When I am really excited, I tend not to think of the consequences of my actions.		
51. In the heat of an argument, I will often say things that I later regret.		
52. I would like to go scuba diving.		
53. I tend to act without thinking when I am really excited.		
54. I always keep my feelings under control.		

Item	Response	Reasoning
55. When I am really happy, I often find myself in situations that I normally wouldn't be comfortable with.		
56. I would enjoy fast driving.		
57. When I am very happy, I feel like it is ok to give in to cravings or overindulge.		
58. Sometimes I do impulsive things that I later regret.		
59. I am surprised at the things I do while in a great mood.		

Date completed: _____ My score: _____

General Self-Efficacy Scale GSES

Why: Reflect on your confidence in coping with everyday challenges.

[Open GSES questionnaire](#)

Response options: Not at all true • Hardly true • Moderately true • Exactly true.

Item	Response	Reasoning
1. I can always manage to solve difficult problems if I try hard enough.		
2. If someone opposes me, I can find the means and ways to get what I want.		
3. It is easy for me to stick to my aims and accomplish my goals.		
4. I am confident that I could deal efficiently with unexpected events.		
5. Thanks to my resourcefulness, I know how to handle unforeseen situations.		
6. I can solve most problems if I invest the necessary effort.		
7. I can remain calm when facing difficulties because I can rely on my coping abilities.		
8. When I am confronted with a problem, I can usually find several solutions.		
9. If I am in trouble, I can usually think of a solution.		

Item	Response	Reasoning
10. I can usually handle whatever comes my way.		

Date completed: _____ My score: _____

Generalized Anxiety Disorder Scale GAD-7

Why: Screen for symptoms of generalized anxiety.

[Open GAD-7 questionnaire](#)

Response options: Not at all • Several days • More than half the days • Nearly every day.

Item	Response	Reasoning
1. Feeling nervous, anxious or on edge?		
2. Not being able to stop or control worrying?		
3. Worrying too much about different things?		
4. Trouble relaxing?		
5. Being so restless that it is hard to sit still?		
6. Becoming easily annoyed or irritable?		
7. Feeling afraid as if something awful might happen?		

Date completed: _____ My score: _____

Perceived Stress Scale PSS-10

Why: Explore how unpredictable, uncontrollable, and overloaded your life has felt recently.

[Open PSS-10 questionnaire](#)

Response options: Never • Almost Never • Sometimes • Fairly Often • Very Often.

Item	Response	Reasoning
1. In the last month, how often have you been upset because of something that happened unexpectedly?		
2. In the last month, how often have you felt that you were unable to control the important things in your life?		
3. In the last month, how often have you felt nervous and “stressed”?		
4. In the last month, how often have you felt confident about your ability to handle your personal problems?		
5. In the last month, how often have you felt that things were going your way?		
6. In the last month, how often have you found that you could not cope with all the things that you had to do?		
7. In the last month, how often have you been able to control irritations in your life?		

Item	Response	Reasoning
8. In the last month, how often have you felt that you were on top of things?		
9. In the last month, how often have you been angered because of things that happened that were outside of your control?		
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?		

Date completed: _____ My score: _____

Irrational Procrastination Scale IPS

Why: Explore patterns of procrastination that go against your own intentions.

[Open IPS questionnaire](#)

Response options: Very seldom / Not true of me • Seldom true of me • Sometimes true of me • Often true of me • Very often true / True of me.

Item	Response	Reasoning
1. I delay tasks beyond what is reasonable.		
2. I do everything when I believe it needs to be done.		
3. I often regret not getting to tasks sooner.		
4. There are aspects of my life that I put off, though I know I shouldn't.		
5. If there is something I should do, I get to it before attending to lesser tasks.		
6. I put things off so long that my well-being or efficiency unnecessarily suffers.		
7. At the end of the day, I know I could have spent the time better.		
8. I spend my time wisely.		
9. When I should be doing one thing, I will do another.		

Date completed: _____ My score: _____

Adult Rejection Sensitivity Questionnaire A-RSQ

Why: Explore sensitivity to possible rejection across close relationships.

[Open A-RSQ questionnaire](#)

Response options: A 6-point scale; concern/anxiety items range from Very unconcerned to Very concerned, expectation items range from Very unlikely to Very likely. Follow the source's instructions for the anchors of each item.

Item	Response	Reasoning
1. You ask your parents or another family member for a loan to help you through a difficult financial time. How concerned or anxious would you be over whether or not your family would want to help you?		
2. You ask your parents or another family member for a loan to help you through a difficult financial time. I would expect that they would agree to help as much as they can.		
3. You approach a close friend to talk after doing or saying something that seriously upset him/her. How concerned or anxious would you be over whether or not your friend would want to talk with you?		
4. You approach a close friend to talk after doing or saying something that seriously upset him/her. I would expect that he/she would want to talk with me to try to work things out.		

Item	Response	Reasoning
5. You bring up the issue of sexual protection with your significant other and tell him/her how important you think it is. How concerned or anxious would you be over his/her reaction?		
6. You bring up the issue of sexual protection with your significant other and tell him/her how important you think it is. I would expect that he/she would be willing to discuss our possible options without getting defensive.		
7. You ask your supervisor for help with a problem you have been having at work. How concerned or anxious would you be over whether or not the person would want to help you?		
8. You ask your supervisor for help with a problem you have been having at work. I would expect that he/she would want to try to help me out.		
9. After a bitter argument, you call or approach your significant other because you want to make up. How concerned or anxious would you be over whether or not your significant other would want to make up with you?		

Item	Response	Reasoning
10. After a bitter argument, you call or approach your significant other because you want to make up. I would expect that he/she would be at least as eager to make up as I would be.		
11. You ask your parents or other family members to come to an occasion important to you. How concerned or anxious would you be over whether or not they would want to come?		
12. You ask your parents or other family members to come to an occasion important to you. I would expect that they would want to come.		
13. At a party, you notice someone on the other side of the room that you'd like to get to know, and you approach him or her to try to start a conversation. How concerned or anxious would you be over whether or not the person would want to talk with you?		
14. At a party, you notice someone on the other side of the room that you'd like to get to know, and you approach him or her to try to start a conversation. I would expect that he/she would want to talk with me.		

Item	Response	Reasoning
15. Lately you've been noticing some distance between yourself and your significant other, and you ask him/her if there is something wrong. How concerned or anxious would you be over whether or not he/she still loves you and wants to be with you?		
16. Lately you've been noticing some distance between yourself and your significant other, and you ask him/her if there is something wrong. I would expect that he/she will show sincere love and commitment to our relationship no matter what else may be going on.		
17. You call a friend when there is something on your mind that you feel you really need to talk about. How concerned or anxious would you be over whether or not your friend would want to listen?		
18. You call a friend when there is something on your mind that you feel you really need to talk about. I would expect that he/she would listen and support me.		

Date completed: _____ My score: _____

Intolerance of Uncertainty Inventory IUI

Why: Explore how uncertainty and unpredictability affect you.

[Open IUI questionnaire](#)

Response options: Not at all characteristic of me • Slightly characteristic of me • Somewhat characteristic of me • Very characteristic of me • Entirely characteristic of me.

Item	Response	Reasoning
1. I have difficulty accepting that the future is uncertain.		
2. I find it unbearable to not have guarantees in life.		
3. Others seem to better tolerate uncertainty than me.		
4. I find it intolerable that certain aspects of life are not determined in advance.		
5. I have difficulty tolerating the possibility that a negative event may happen to me.		
6. When I am waiting for important news, I find it hard to remain in the dark.		
7. I find it intolerable to have to deal with unpredictable situations.		
8. I do not really tolerate situations in which I do not know what is going to happen.		
9. Not knowing what will happen in advance is often unacceptable for me.		

Item	Response	Reasoning
10. Waiting periods are unbearable for me when I do not know what is going to happen.		
11. I have difficulty tolerating life's uncertainties.		
12. When I think that something negative might happen, I have difficulty remaining in uncertainty.		
13. I would rather know everything right away rather than remain uncertain.		
14. I have difficulty dealing with the possibility that something unexpected may occur.		
15. I need to be sure of what I take on.		
16. I prefer to avoid uncertain situations.		
17. When I find myself in an uncertain situation, I tend to have doubts about what I am doing.		
18. I often exaggerate the odds that the worst will happen when something unexpected occurs.		
19. I tend to want to boss others around so that nothing unexpected will happen to them.		

Item	Response	Reasoning
20. I often rely on others to reassure me when I do not know what will happen.		
21. I worry a lot about life's uncertainties.		
22. I often have doubts about myself when a situation is uncertain.		
23. The possibility that a negative event may occur leads me to avoid certain activities.		
24. When I am uncertain, I need to be reassured by others.		
25. I must control everything in order to prevent negative consequences from happening.		
26. I tend to ask for the opinion of others when I am unsure about what will happen.		
27. I avoid situations that in which something unanticipated is likely to occur.		
28. When the outcome of an event is uncertain, I often doubt having done all that was necessary.		
29. When a negative event might happen, I often overestimate the likelihood that it will take place.		

Item	Response	Reasoning
30. I tend to worry when I am uncertain about what will happen.		
31. I often ask for the same information from several people to reassure myself about what will happen.		
32. Uncertain situations worry me.		
33. When I am uncertain about what will happen, I try to control everything.		
34. I tend to overestimate the probability that something bad will occur when I do not know what will happen.		
35. Thinking that something unexpected might happen worries me.		
36. When I am uncertain, I tend to doubt my capabilities.		
37. I tend not to engage in activities involving some uncertainty.		
38. When I am uncertain, I tend to overestimate the odds that the events will turn out badly.		
39. I tend to want to control my loved one's activities in order to decrease the chances that something will happen to them.		

Item	Response	Reasoning
40. Even if it is unlikely that a negative event may occur, I need to be told repeatedly that everything will go well.		
41. I prefer to drop a project rather than have to live with uncertainty.		
42. I prefer to control everything in order to decrease uncertainties.		
43. Not knowing what the future holds for me worries me.		
44. In an uncertain situation, I tend to exaggerate the chances that things may go badly.		
45. I often tend to question my choices when I am uncertain about what will happen.		

Date completed: _____ My score: _____