

Psychological Flexibility Questionnaire - Accessible

# PFAQ-Ax

Client initials \_\_\_\_\_

Client ID \_\_\_\_\_

Date of assessment \_\_\_\_\_

Client FSIQ (If known) \_\_\_\_\_

## Screening Questions:

What are thoughts? What is thinking?

What are feelings?

## Refer to separate sheet:

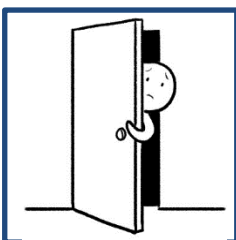
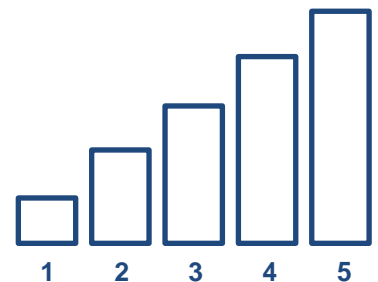
Can you tell me something that you like (or something about yourself)?

Can you tell me something you don't like (or something that's not true about yourself)?



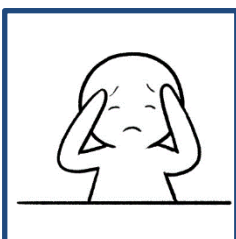
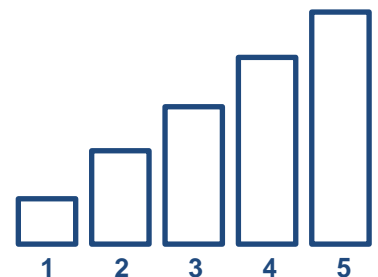
**Q1**

I can't switch off from my problems.  
*I keep going over and over my problems.*



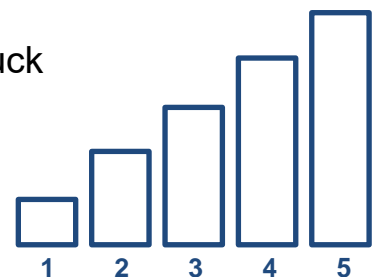
**Q2**

My worries stop me doing things.  
*My thoughts get in the way of me doing things.*



**Q3**

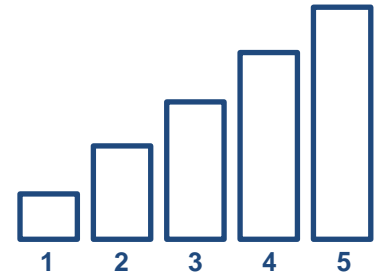
I often miss out on things because I'm stuck  
in my head.





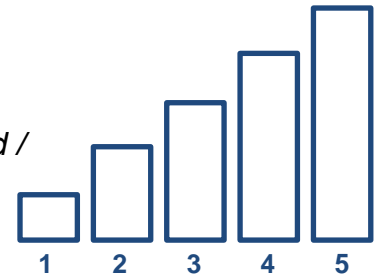
**Q4**

I'm often "miles away".  
*I often drift off.*



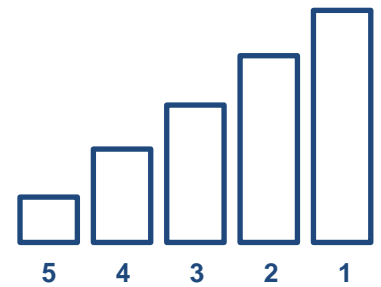
**Q5**

I would like to do more things but I'm too stressed.  
*I would like to do more things but I'm too worried / anxious / depressed.*



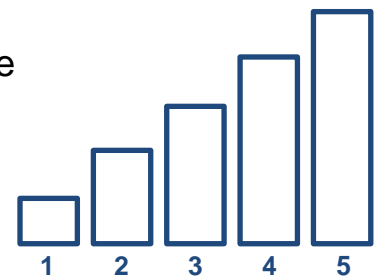
**Q6**

I know what is important to me.  
*I know what I want to do with my life.*



**Q7**

I am a bad person for thinking / feeling the way I do.  
*I am a bad person for feeling like this.*



**Score (out of 35) =**

**Observations:**

**Rater:** \_\_\_\_\_

# PFAQ-Ax

© CNTW 2019

## Orientation Sheet

1. Ask the client about something you have agreed is like them (something they enjoy or like, or an attribute they feel represents them) e.g. favourite food, eye colour, hobbies etc.
2. Ask them to indicate on the scale how they would answer this question.
3. Repeat with something you have agreed is not like them, or does not represent them.
4. Assess whether the client can understand and utilise the scale.

This is VERY  
much like me.

This is quite a  
lot like me.

This is like me  
sometimes

This is a little  
bit like me

This is not like  
me at all