

THE EXAAQT

Below you will find a list of statements. Please rate how true each statement is for you by circling a number next to it. Use the scale below to make your choice.

1	2	3	4	5	6	7
never true	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true

1. My painful experiences and memories make it difficult for me to focus on what is important to me at work.	1	2	3	4	5	6	7
2. I'm afraid of the feelings I have when I am at my job.	1	2	3	4	5	6	7
3. I worry about not being able to control my worries and feelings related to work.	1	2	3	4	5	6	7
4. My painful memories prevent me from having a fulfilling career.	1	2	3	4	5	6	7
5. Emotions cause problems in my work environment.	1	2	3	4	5	6	7
6. It seems like most people are handling their job tasks better than I am.	1	2	3	4	5	6	7
7. Worries get in the way of my success.	1	2	3	4	5	6	7