

## Acceptance and Action Questionnaire for Weight Related Difficulties

If you're someone who has been struggling with an eating disorder, or you otherwise find yourself regularly upset over your relationship with food, the Acceptance and Action Questionnaire for Weight Related Difficulties is presented here as a tool for your use (AAQ-W; Manwaring, Hilbert, Walden, Bishop, & Johnson, 2018).

As you work on applying the skills you're learning from *A Liberated Mind*, use this measure to track how much psychological flexibility you are bringing to your thoughts and feelings about food and eating. Just like the other measures I've listed on this site, don't become obsessed with getting the "perfect" score. Use this scale as a way to track how you are doing with applying your new ACT skills to the Dictator in your mind that criticizes you when you eat. As you open up, accept yourself, and commit to doing what you value, my hope is that you'll come to a place of loving acceptance for yourself. I hope you'll practice unhooking from what your mind thinks about food and embrace the behavior that lines up with who you want to be.

## My Flexibility Scores

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### AAQ-W Revised

Below you will find a list of statements. Please rate the truth of each statement as it applies to you.

Use the following scale to make your choice.

1	2	3	4	5	6	7
Never True						Always True

- |               |   |
|---------------|---|
| 1 2 3 4 5 6 7 | 1. It's OK to feel fat.   |
| 1 2 3 4 5 6 7 | 2. I am not in control of what I eat.   |
| 1 2 3 4 5 6 7 | 3. When I evaluate my weight or my appearance negatively, I am able to recognize that this is just a reaction, not an objective fact. |
| 1 2 3 4 5 6 7 | 4. I need to feel better about how I look in order to live the life I want to.  |
| 1 2 3 4 5 6 7 | 5. Other people make it hard for me to accept myself.   |
| 1 2 3 4 5 6 7 | 6. If I'm overweight, I can't live the life I want to.  |
| 1 2 3 4 5 6 7 | 7. If I feel unattractive, there is no point in trying to be intimate.  |
| 1 2 3 4 5 6 7 | 8. If I gain weight, that means I have failed.  |
| 1 2 3 4 5 6 7 | 9. I don't have what it takes to be healthy for life.   |
| 1 2 3 4 5 6 7 | 10. My eating urges control me.   |
| 1 2 3 4 5 6 7 | 11. I need to get rid of my eating urges to eat better.   |
| 1 2 3 4 5 6 7 | 12. I am a stable person.   |
| 1 2 3 4 5 6 7 | 13. If I eat something bad, the whole day is a waste.   |
| 1 2 3 4 5 6 7 | 14. I should be ashamed of my body.   |
| 1 2 3 4 5 6 7 | 15. I need to avoid social situations where people might judge me.  |
| 1 2 3 4 5 6 7 | 16. I will always be overweight.  |

To score this measure, add up your responses to each question. Reverse score these items first before you add them to your total: 1, 3, and 12. Reversing a score means if you answered 1, you should score 7. 2 becomes 6, 3 becomes 5, and vice versa.

### References

Manwaring, J., Hilbert, A., Walden, K., Bishop, E. R., & Johnson, C. (2018). Validation of the acceptance and action questionnaire for weight-related difficulties in an eating disorder population. *Journal of Contextual Behavioral Science*, 7, 1-7.