THE AFFECT PHOBIA TEST

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Name/ID__________ Age _____ Sex: M F Years Education: _____ Marital Status: S Cohab M D W
(Name is optional)

Rate each item 1-5:  1 = Not at all  2 = A little  3 = Somewhat  4 = Much  5 = Very much

ANGER- ASSERTION
1. How much can you feel ANGER? ................................................................. _____
2. Can you face a conflict, talk it over and try to resolve it? ........................................... _____
3. How much can you comfortably set limits; i.e., tell someone to stop doing something that bothers you?.... _____

SADNESS- GRIEF
4. How much are you able to feel SORROW when you lose something or someone important to you? .......... _____
5. How much are you able to cry with another person present? .................................................... _____
6. How much does crying bring you a sense of relief? ........................................................................ _____

ATTACHMENT- CLOSENESS/ TENDERNESS
7. How much can you feel CLOSENESS OR TENDERNESS toward your partner or close friends? ............ _____
8. Can you express feelings of caring, valuing, appreciation, cherishing or love? .................................... _____
9. How much can you trust or confide in someone? ............................................................................. _____

SEXUAL FEELINGS
11. How much can you comfortably express sexual feelings to another? ............................................... _____

POSITIVE FEELINGS FOR SELF (Includes, but is not limited to; self-care, self-interest, self-soothing, healthy pride, self confidence, self-worth, dignity, self compassion.)
12. How much compassion do you feel for yourself? ............................................................................. _____
13. How much pride can you feel in your accomplishments? ............................................................... _____
14. How much do you feel that you are a person of worth, on a level with others? .................................. _____

INTEREST-EXCITEMENT (Includes curiosity, enthusiasm, exploration, playfulness, creativity, awe, wonder.)
15. How much can you feel EXCITEMENT, CURIOSITY or ENTHUSIASM? ................................. _____
16. How much can you show others that you are interested, excited or enthusiastic about something? .......... _____
17. How much do you let interest or excitement move you to be curious and explore? ......................... _____

ENJOYMENT- JOY (Includes comfort, soothing, laughter, acceptance, pleasure, peace, grace, gratitude, compassion.)
18. How much do you feel JOY? ............................................................................................................ _____
19. How much can you express joy (Can you laugh out loud or allow yourself to have fun?) .................. _____
20. How much do you let enjoyment or joy move you to feel gratitude in being alive, or count your blessings? _____

TOTAL AFFECT PHOBIA SCORE (Add all items)..............................................................................