

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

- 10. How much do you enjoy 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).....