

## **Personalized Psychological Flexibility Index**

This survey measures the extent to which people pursue their goals despite the presence of stressors and challenges. To ensure participants respond to these items in a meaningful context, each item on psychological flexibility is in reference to a personally meaningful life goal. Participants are first asked to identify a life goal they are working on. Based on initial findings from pilot studies, we found support for three factors: avoidance (deflecting negative emotions and events that arise when pursuing a goal), acceptance (embracing emotions that arise when pursuing a goal), and harnessing (using negative emotions to fuel goal pursuit). To ensure that the goals participants recorded were central and meaningful to their lives, we added in four questions pertaining to the importance of the goal.

**Instructions:** Please take a few moments to think of an important goal that you are working on.

This goal can be in any area of your life, but it must be one and only one goal. Don't choose too quickly. Take a few moments to think about it. After you choose the goal, please write it in the following blank:

For each statement below, select the rating that best describes YOUR thoughts and feelings about this goal.

**Response Scale:** 1=*Strongly Disagree*, 2=*Disagree*, 3=*Somewhat Disagree*, 4=*Neither Agree Nor Disagree*, 5=*Somewhat Agree*, 6=*Agree*, 7=*Strongly Agree*

**Items:**

1. This goal is central to my life.
2. I find this goal challenging.
3. I feel stressed pursuing this goal.
4. I experience negative emotions while pursuing this goal (such as anxiety, frustration, guilt, anger, disappointment).
5. I avoid the most difficult goal-related tasks.<sup>av</sup> - **R**
6. I put off pursuing this goal when I could be doing a more enjoyable task.<sup>av</sup> - **R**
7. When I feel stressed pursuing this goal, I give up.<sup>av</sup> - **R**
8. I get so caught up in thoughts and feelings that I am unable to pursue this goal.<sup>av</sup> - **R**
9. When I feel discouraged, I let my commitment for this goal slide.<sup>av</sup> - **R**
10. I accept the setbacks while pursuing this goal.<sup>ac</sup>
11. While pursuing this goal, I try to accept my negative thoughts and feelings rather than resist them.<sup>ac</sup>

12. I am willing to experience negative thoughts and emotions related to this goal.<sup>ac</sup>
13. I accept things I cannot change about this goal.<sup>ac</sup>
14. While pursuing this goal, I can observe unpleasant feelings without being drawn into them.<sup>ac</sup>
15. When faced with obstacles related to this goal, my frustration serves to energize me.<sup>h</sup>
16. I find worrying helpful to solving goal-related problems.<sup>h</sup>
17. When people distract me from this goal, I use any anger that arises to stay focused.<sup>h</sup>
18. I get motivated by guilt when I fail to meet my own expectations pursuing this goal.<sup>h</sup>
19. I find unpleasant emotions useful for reaching this goal.<sup>h</sup>

**Scoring:** <sup>av</sup> = from 5-item Avoidance subscale, <sup>ac</sup> = from 5-item Acceptance subscale, <sup>h</sup> = from 5-item Harnessing subscale. **R** = reverse-coded. In the Avoidance subscale of the Personalized Psychological Flexibility Scale, items were reverse scored, such that higher scores indicated less avoidance.

Reference: [Kashdan, T.B., Disabato, D.J., Goodman, F.R., Doorley, J.D., & McKnight, P.E. \(in press\). Understanding psychological flexibility: A multimethod exploration of pursuing valued goals despite the presence of distress. \*Psychological Assessment\*](#)