



## Brief Experiential Avoidance Questionnaire (BEAQ)

### Instructions:

Please indicate the extent to which you agree or disagree with each of the following statements.

		Strongly Disagree	Moderately Disagree	Slightly Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1	The key to a good life is never feeling any pain	1	2	3	4	5	6
2	I'm quick to leave any situation that makes me feel uneasy	1	2	3	4	5	6
3	When unpleasant memories come to me, I try to put them out of my mind	1	2	3	4	5	6
4	I feel disconnected from my emotions	1	2	3	4	5	6
5	I won't do something until I absolutely have to	1	2	3	4	5	6
6	Fear or anxiety won't stop me from doing something important	6	5	4	3	2	1
7	I would give up a lot not to feel bad	1	2	3	4	5	6
8	I rarely do something if there is a chance that it will upset me	1	2	3	4	5	6
9	It's hard for me to know what I'm feeling	1	2	3	4	5	6
10	I try to put off unpleasant tasks for as long as possible	1	2	3	4	5	6
11	I go out of my way to avoid uncomfortable situations	1	2	3	4	5	6
12	One of my big goals is to be free from painful emotions	1	2	3	4	5	6
13	I work hard to keep out upsetting feelings	1	2	3	4	5	6
14	If I have any doubts about doing something, I just won't do it	1	2	3	4	5	6
15	Pain always leads to suffering	1	2	3	4	5	6

### Developer Reference:

Gámez, W., Chmielewski, M., Kotov, R., Ruggero, C., Suzuki, N., & Watson, D. (2014). The Brief Experiential



NovoPsych

Avoidance Questionnaire: Development and initial validation. *Psychological Assessment*, 26(1), 35-45.  
<https://doi.org/10.1037/a0034473>

**Administer Now**