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**Acceptance and Action Questionnaire for Trichotillomania (AAQ-4TTM)**


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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	very seldom true	seldom true	sometimes true	frequently true	almost always true	always true

- \_\_\_\_\_ 1. I am able to not pull when the urge to pull is strong.
- \_\_\_\_\_ 2. I often catch myself daydreaming about my pulling and what I would do differently next time I feel the urge to pull.
- \_\_\_\_\_ 3. When I feel the urge to pull, I am unable to take care of my responsibilities.
- \_\_\_\_\_ 4. I rarely worry about getting my urges to pull under control.
- \_\_\_\_\_ 5. I'm not afraid of my urges to pull.
- \_\_\_\_\_ 6. When I evaluate my urges to pull negatively, I usually recognize that this is just a reaction, not an objective fact.
- \_\_\_\_\_ 7. When I compare myself to other people, it seems that most of them are handling their lives better than I do.
- \_\_\_\_\_ 8. Urges to pull are bad.
- \_\_\_\_\_ 9. If I could magically remove all my painful experiences related to pulling, I would do so.