

### DTS

Think of times that you feel distressed or upset. Circle the item that best describes your beliefs about feeling distressed or upset. Please answer regarding your feelings of distress 'in general', that is, on the average.

Strongly Disagree	Mildly Disagree	Agree and Disagree Equally	Mildly Agree	Strongly Agree	
1	2	3	4	5	1. Feeling distressed or upset is unbearable to me.
1	2	3	4	5	2. When I feel distressed or upset, all I can think about is how bad I feel.
1	2	3	4	5	3. I can't handle feeling distressed or upset.
1	2	3	4	5	4. My feelings of distress are so intense that they completely take over.
1	2	3	4	5	5. There's nothing worse than feeling distressed or upset.
1	2	3	4	5	6. I can tolerate being distressed or upset as well as most people.
1	2	3	4	5	7. My feelings of distress or being upset are not acceptable.
1	2	3	4	5	8. I'll do anything to avoid feeling distressed or upset.
1	2	3	4	5	9. Other people seem to be able to tolerate feeling distressed or upset better than I can.
1	2	3	4	5	10. Being distressed or upset is always a major ordeal for me.
1	2	3	4	5	11. I am ashamed of myself when I feel distressed or upset.
1	2	3	4	5	12. My feelings of distress or being upset scare me.
1	2	3	4	5	13. I'll do anything to stop feeling distressed or upset.
1	2	3	4	5	14. When I feel distressed or upset, I must do something about it immediately.
1	2	3	4	5	15. When I feel distressed or upset, I cannot help but concentrate on how bad the distress actually feels.