Directions: Below you will find a list of statements. Please rate the truth of each statement as it applies to you. Use the following rating scale: 0 = Never true, 1 = Very rarely true, 2 = Seldom true, 3 = Sometimes true, 4 = Often true, 5 = Almost always true, 6 = Always true, to make your choices. For instance, if you believe a statement is ‘Always True,’ you would check ‘6’.

1. I am getting on with the business of living no matter what my level of pain is.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. My life is going well, even though I have chronic pain.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. It’s OK to experience pain.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. I would gladly sacrifice important things in my life to control this pain better.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. It’s not necessary for me to control my pain in order to handle my life well.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. Although things have changed, I am living a normal life despite my chronic pain.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. I need to concentrate on getting rid of my pain.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. There are many activities I do when I feel pain.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. I lead a full life even though I have chronic pain.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. Controlling pain is less important than any other goals in my life.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. My thoughts and feelings about pain must change before I can take important steps in my life.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. Despite the pain, I am now sticking to a certain course in my life.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. Keeping my pain level under control takes first priority whenever I’m doing something.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. Before I can make any serious plans, I have to get some control over my pain.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. When my pain increases, I can still take care of my responsibilities.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. I will have better control over my life if I can control my negative thoughts about pain.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. I avoid putting myself in situations where my pain might increase.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. My worries and fears about what pain will do to me are true.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. It’s a relief to realize that I don’t have to change my pain to get on with my life.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. I have to struggle to do things when I have pain.

\_\_0 Never true

\_\_1 Very rarely true

\_\_2 Seldom true

\_\_3 Sometimes true

\_\_4 Often true

\_\_5 Almost always true

\_\_6 Always true

1. Activities engagement score (Sum items 1,2,3,5,6,8,9,10,12,15,19): \_\_\_\_
2. Pain willingness score (Reverse score and sum items 4,7,11,13,14,16,17,18, 20): \_\_\_\_
3. Total score (activity engagement score + pain willingness score): \_\_\_\_

McCraken, L. M., Vowles, K.E., & Eccleston, C. (2004). Acceptance of chronic pain: Component analysis and a revised assessment method. Pain, 107, 159-166.