**Tacting of Function Scale.** Please rate the truthfulness of the following statements, based on the past two weeks. Use the scale below to make your choices.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 = Never | 2 | 3 | 4 | 5 | 6 | 7 = Always |
|  | True |  |  |  |  |  | True |
| I am aware of when I feel a sense of meaning in my actions. |  |  |  |  |  |  |  |
| I can tell when my actions are in-line with the person I want to be |  |  |  |  |  |  |  |
| It is hard to tell whether or not my choices lead to personal growth (R) |  |  |  |  |  |  |  |
| It is hard to say if my choices are connected with my deepest held values (R) |  |  |  |  |  |  |  |
| I am aware of when my actions fall short of my intentions |  |  |  |  |  |  |  |
| I am aware of when I am fighting with my unpleasant feelings or thoughts |  |  |  |  |  |  |  |
| I don’t notice when strong emotions have taken the “driver’s seat” of my actions (R) |  |  |  |  |  |  |  |
| I notice whether or not my choices are based on reducing feelings of sadness |  |  |  |  |  |  |  |
| I notice whether or not my choices are based on reducing feelings of irritation or anger |  |  |  |  |  |  |  |
| I notice whether or not my choices are based on increasing feelings of happiness or joy |  |  |  |  |  |  |  |
| (R) indicates a reverse-coded item. | | | | | | | |