



Predominant Response Questionnaire (PRQ)

When reflecting **on the past week**, rate the following items. For intensity, rate yourself on a scale of 0 to 10, with “0” being “very low intensity” and 10 being “very high intensity.”

1. I have been physiologically flooded. My heartbeat and breath rate increased. I became shaky or sweaty. It came on like a wave. My blood felt like it was boiling!

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How intensely flooded have you felt this week, on a 0 to 10 scale? _____

2. I have been reactive. I have acted rashly without thinking. I have been unable to control my impulses to act.

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How intense has your reactivity been this week, on a 0 to 10 scale? _____

3. I have ruminated on past and future events. My thoughts have been “stuck” on one topic. I have struggled to switch my attention. I have been unable to be fully “present.”

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How intensely ruminative have you felt this week, on a 0 to 10 scale? _____

4. I have thought negatively about myself, others, and/or the world around me. I have misread events because I expected the worst. I have ignored positive things that have happened, and instead have focused on the negative.

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How intense was your negative thinking this week, on a 0 to 10 scale? _____

5. I have engaged in sensation-seeking, such as drug use, gambling, casual sex, self-injury.

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How intense has your sensation-seeking been this week, on a 0 to 10 scale? _____

6. I have been combative or aggressive (verbally, or physically).

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How intense has your aggression been this week, on a 0 to 10 scale? _____

7. When I have been distressed, I have reached out to others.

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How helpful have your contacts been this week, on a 0 to 10 scale? _____

8. I have withdrawn from others and isolated myself.

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How intense has your isolation been this week, on a 0 to 10 scale? _____

9. I have attempted to avoid or minimize (rather than accept and appreciate) my thoughts and feelings.

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How intense has your avoidance been this week, on a 0 to 10 scale? _____

10. I have felt so stunned by an event, or felt so conflicted/mixed about a situation, that I was unable to make a decision. I felt frozen or stuck.

Frequency: How often this past week? _____ times

Duration: How long did it last? _____ minutes per occasion, on average

Intensity: How intense has this difficulty been this week, on a 0 to 10 scale? _____

For clinician:

Review the client's self-report of their responses this past week. Appraise information about frequency, duration, and intensity to determine whether the client is experiencing a problematic Wave1, Wave2, or Wave1 and 2 response process. Then, assess whether the client seems to have an approach (move toward), avoid (move away), frozen (motionless) or combination response style.

Wave1 process: Q1, Q2

Wave2 process: Q3, Q4

Approach style: Q5, Q6, Q7

Avoid style: Q8, Q9

Frozen style: Q10