

PACT: Sometimes we must contend with difficult and upsetting events. Unfortunately, sometimes we are confronted with events that might be traumatic and disruptive to the course of our lives. Examples of such events include the death or injury of someone close to us, a natural disaster, a serious accident or illness, sexual and physical assault, and terrorist attack. Below you will find a list of different kinds of behaviors and strategies that people sometimes use in the weeks following potentially traumatic events.

Please rate the extent that **you** would **be able to** do each of these behaviors and strategies following a potentially traumatic event **if you needed to**.

1. Keep my schedule and activities as constant as possible	Not at all able 1 2 3 4 5 6 7	extremely able
2. Comfort other people	Not at all able 1 2 3 4 5 6 7	extremely able
3. Look for a silver lining	Not at all able 1 2 3 4 5 6 7	extremely able
4. Stay focused on my current goals and plans	Not at all able 1 2 3 4 5 6 7	extremely able
5. Find activities to help me keep the event off my mind	Not at all able 1 2 3 4 5 6 7	extremely able
6. Let myself fully experience some of the painful emotions linked with the event	Not at all able 1 2 3 4 5 6 7	extremely able
7. Spend time alone	Not at all able 1 2 3 4 5 6 7	extremely able
8. I would be able to laugh	Not at all able 1 2 3 4 5 6 7	extremely able
9. Try to lessen the experience of painful emotions	Not at all able 1 2 3 4 5 6 7	extremely able
10. Reduce my normal social obligations	Not at all able 1 2 3 4 5 6 7	extremely able
11. Alter my daily routine	Not at all able 1 2 3 4 5 6 7	extremely able
12. Reflect upon the meaning of the event	Not at all able 1 2 3 4 5 6 7	extremely able
13. Distract myself to keep from thinking about event	Not at all able 1 2 3 4 5 6 7	extremely able
14. Face the grim reality head on	Not at all able 1 2 3 4 5 6 7	extremely able
15. Enjoy something that I would normally find funny or amusing	Not at all able 1 2 3 4 5 6 7	extremely able
16. Focus my attention on or care for the needs of other people	Not at all able 1 2 3 4 5 6 7	extremely able
17. Remind myself that things will get better	Not at all able 1 2 3 4 5 6 7	extremely able
18. Keep myself serious and calm	Not at all able 1 2 3 4 5 6 7	extremely able
19. Remember the details of the event	Not at all able 1 2 3 4 5 6 7	extremely able
20. Pay attention to the distressing feelings that result from the event	Not at all able 1 2 3 4 5 6 7	extremely able

Forward Focus scale = $(1 + 2 + 3 + 4 + 5 + 8 + 9 + 13 + 15 + 16 + 17 + 18) / 12$

Trauma Focus scale = $(6 + 7 + 10 + 11 + 12 + 14 + 19 + 20) / 8$

There are two methods for calculating an overall flexibility score:

1. The simplest method is to:
 - a. Calculate the average for each scale, A and B
 - b. Calculate the “sum” the two averages (A + B)
 - c. Calculate the “polarity” as the absolute value of the difference of the two averages [A- B]
 - d. Flexibility is the sum minus the polarity or (A + B)-[A-B]
2. A second, slightly more complicated method uses negative acceleration. In this method:
 - a. Calculate average for each scale and determine the larger average (L) and smaller average (S).
 - b. Flexibility is then $[(2S + 1)/(S + L + 2)]$.
 - c. If the two averages are equal, then designate either as the L and S and run the calculation

These two methods produce almost identical (i.e., very highly correlated) scores. The first method provides a basic flexibility score and has been used in the majority of publications from our team. Under some circumstances, however, the first method leads to unequal increments between levels of flexibility. The second method uses negative acceleration to create somewhat smoother increments. However negative acceleration method is less effective when data have limited variability or range, in which case the first method is suggested.