

TAF Scale

Do you <i>disagree</i> or <i>agree</i> with the following statements?	Disagree Strongly	Disagree	Neutral	Agree	Agree Strongly
1. Thinking of making an extremely critical remark to a friend is almost as unacceptable to me as actually saying it.....	0	1	2	3	4
2. If I think of a relative/friend losing their job, this increases the risk that they will lose their job.....	0	1	2	3	4
3. Having a blasphemous thought is almost as sinful to me as a blasphemous action.....	0	1	2	3	4
4. Thinking about swearing at someone else is almost as unacceptable to me as actually swearing.....	0	1	2	3	4
5. If I think of a relative/friend being in a car accident, this increases the risk that he/she will have a car accident.....	0	1	2	3	4
6. When I have a nasty thought about someone else, it is almost as bad as carrying out a nasty action.....	0	1	2	3	4
7. If I think of a friend/relative being injured in a fall, this increases the risk that he/she will have a fall and be injured.....	0	1	2	3	4
8. Having violent thoughts is almost as unacceptable to me as violent acts.....	0	1	2	3	4
9. If I think of a relative/friend falling ill this increases the risk that he/she will fall ill.....	0	1	2	3	4
10. When I think about making an obscene remark or gesture in church, it is almost as sinful as actually doing it.....	0	1	2	3	4
11. If I wish harm on someone, it is almost as bad as doing harm.....	0	1	2	3	4
12. If I think of myself being injured in a fall, this increases the risk that I will have a fall and be injured.....	0	1	2	3	4
13. If I think about making an obscene gesture to someone else, it is almost as bad as doing it.....	0	1	2	3	4
14. If I think of myself being in a car accident, this increases the risk that I will have a car accident.....	0	1	2	3	4
15. When I think unkindly about a friend, it is almost as disloyal as doing an unkind act.....	0	1	2	3	4
16. If I think of myself falling ill, this increases the risk that I will fall ill....	0	1	2	3	4
17. If I have a jealous thought, it is almost the same as making a jealous remark.....	0	1	2	3	4
18. Thinking of cheating in a personal relationship is almost as immoral to me as actually cheating.....	0	1	2	3	4
19. Having obscene thoughts in a church is unacceptable to me.....	0	1	2	3	4

(Shafran, Thordarson & Rachman, 1996)