Pathways Institute

Weekly Assessment of Compulsive Stealing (WACS)

The purpose of the WACS is to measure your compulsive stealing and kleptomania symptoms over the past week. Please read each question carefully and answer to the best of your ability.

1) During the past week, how often did you think about stealing? Please circle the most appropriate number.

1. I had no thoughts about stealing this week.
2. I thought about stealing once.
3. I thought about stealing three or four times.
4. I thought about stealing almost every day.
5. I thought about stealing constantly or nearly constantly.

2) During the past week, how many hours did you spend thinking about stealing? Please add up the approximate number of hours and circle the most appropriate number.

1. I had no thoughts about stealing this week.
2. I spent one hour or less thinking about stealing.
3. I spent three to four hours thinking about stealing.
4. I spent five to ten hours thinking about stealing.
5. I thought about stealing constantly or nearly constantly.

3) During the past week, how successful were you at stopping yourself from having thoughts of stealing? Please circle the most appropriate number.

1. I had no thoughts about stealing this week.
2. I was very successful at stopping myself from having thoughts of stealing this week.
3. I was moderately successful at stopping myself from having thoughts of stealing.
4. I was somewhat successful at stopping myself from having thoughts of stealing.
5. I couldn’t stop myself from having thoughts of stealing.

4) During the past week, how many times did you experience urges to steal? Please circle the most appropriate number.

1. I had no urges to steal this week.
2. I experienced the urge to steal once.
3. I experienced the urge to steal two or three times.
4. I experienced the urge to steal several to many times.
5. The urge to steal was **constant or near constant** for me.

5) **If you did have urges to steal during the past week how powerful were your urges (on average)?** Please circle the most appropriate number:

1. I **did not experience** any urges to steal this week.
2. I experienced **mild** urges to steal.
3. I experienced **moderate** urges to steal.
4. I experienced **intense** urges to steal.
5. I experienced **extreme** urges to steal.

6) **During the past week, how much were you able to control your urges successfully (by not stealing)?** Please circle the most appropriate number.

1. I had **no urges** to steal this week.
2. I was **very successful** at controlling my urges this week – I didn’t steal.
3. I was **moderately successful** at controlling my urges to steal.
4. I was **somewhat successful** at controlling my urges to steal.
5. I **couldn’t stop myself** from stealing.

7) **During the past week, on average, how much tension, anxiety, or excitement did you have shortly before you committed a theft?** Please circle the most appropriate number and also circle which feelings (tension, anxiety, or excitement) apply.

1. I didn’t steal anything this week.
2. I **did not experience** any tension, anxiety or excitement after stealing this week.
3. I experienced **mild** tension, anxiety or excitement before stealing this week.
4. I experienced **moderate** tension, anxiety or excitement before stealing.
5. I experienced **intense** tension, anxiety or excitement before stealing.
6. I experienced **extreme** tension, anxiety or excitement before stealing.

8) **During the past week, on average, how much excitement, pleasure, or relief did you feel shortly after you successfully committed a theft?** Please circle the most appropriate number and also circle which feelings (excitement, pleasure or relief) apply.

1. I didn’t steal anything this week.
2. I **did not experience** any excitement, pleasure, or relief after stealing this week.
3. I experienced **mild** excitement, pleasure, or relief after stealing this week.
4. I experienced **moderate** excitement, pleasure, or relief after stealing.
5. I experienced **intense** excitement, pleasure, or relief after stealing.
6. I experienced **extreme** excitement, pleasure, or relief after stealing.

9) **During the past week, how much emotional distress (mental pain or anguish, shame, guilt, embarrassment) has your stealing caused you?** Please circle the most appropriate number.
1. I didn’t steal anything this week.
2. I did not experience any emotional distress from my stealing this week.
3. I experienced mild emotional distress from my stealing this week.
4. I experienced moderate emotional distress from my stealing this week.
5. I experienced intense emotional distress from my stealing this week.
6. I experienced extreme emotional distress from my stealing this week.

10) During the past week, how much personal trouble (relationship, financial, legal, job, medical or health) has your stealing caused you? Please circle the most appropriate number.

1. I didn’t steal anything this week.
2. I experienced mild personal trouble from my stealing this week.
3. I experienced moderate personal trouble from my stealing this week.
4. I experienced intense personal trouble from my stealing this week.
5. I experienced extreme personal trouble from my stealing this week.
6. I did not experience any personal trouble from my stealing this week.

11) During the past week, how many times did you steal to express anger or vengeance? Please circle the most appropriate number.

1. I didn’t steal this week.
2. I didn’t steal out of anger or vengeance this week.
3. I stole out of anger or vengeance once.
4. I stole out of anger or vengeance some of the time.
5. I stole out of anger or vengeance about half of the time.
6. I stole out of anger or vengeance most of the time.
7. I stole out of anger or vengeance every time I stole.

12) During the past week, how many times did you steal? Please circle.

1. None
2. Once
3. Two or three times
4. Several to many times
5. Daily or almost daily

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