

Emotion Regulation Questionnaire

EMOTION REGULATION QUESTIONNAIRE

Name: _____ Date: _____ dd / mm / yyyy

Instructions: Please check the corresponding number that indicates how much you agree with each item by using the following scale: 1 = Strongly Disagree, 2 = Disagree, 3 = Slightly Disagree, 4 = Neutral, 5 = Slightly Agree, 6 = Agree, 7 = Strongly Agree

When I want to feel more positive emotions (such as joy or amusement), I change my thoughts.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

I keep my emotions to myself.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

When I'm faced with a stressful situation, I think about it in a way that helps me stay calm.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

I control my emotions by not expressing them.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

When I want to feel less negative emotion (such as sadness or anger), I change my thoughts.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

I control my emotions by changing the way I think about the situation I'm in.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

When feeling positive emotions, I am careful not to express them.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

When I'm faced with a situation that could upset me, I think about it in a way that helps me stay calm.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

I control my emotions by changing what I think about.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

When I feel negative emotions, I make sure not to express them.

☐ ☐ ☐ ☐ ☐ ☐ ☐
1 2 3 4 5 6 7

Score