Emotion Regulation Questionnaire

Name: _____ Date: _____

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											
Statement	1	2	3	4	5	6	7				
When I want to feel more positive emotions (such as joy or amusement), I change my thoughts.											
2. I keep my emotions to myself.											
3. When I'm faced with a stressful situation, I think about it in a way that helps me stay calm.											
I control my emotions by not expressing them.			0								
5. When I want to feel less negative emotion (such as sadness or anger), I change my thoughts.											
6. I control my emotions by changing the way I think											

about the situation I'm in.

7. When feeling positive emotions, I am careful not to express them.				
8. When I'm faced with a situation that could upset me, I think about it in a way that helps me stay calm.				
9. I control my emotions by changing what I think about.				
10. When I feel negative emotions, I make sure not to express them.				
Score:				

Score interpretation:

Items 1, 3, 5, 6, 8, and 9 assess cognitive reappraisal. Items 2, 4, 7, and 10 assess expressive suppression.

For cognitive reappraisal and expressive suppression, scores can range from 6 to 42 and 4 to 28, respectively. A higher score indicates greater use of that emotion regulation strategy.

- 1. Cognitive Reappraisal: This form of cognitive-emotional regulation involves changing the way one thinks about potentially emotion-eliciting events to alter their emotional impact. Essentially, it is a way of reinterpreting a situation to decrease its emotional impact. For example, if someone makes a rude comment to you, rather than letting it upset you, you might tell yourself that the person is just having a bad day and is taking it out on others, which has nothing to do with you.
- 2. Expressive Suppression: This is another emotion regulation strategy that involves inhibiting or reducing the external signs of your inner emotional state. It's concealing your emotions, like keeping a poker face. For instance, if you're feeling upset during a meeting at work, you might try to suppress any signs of this emotion by maintaining a neutral facial expression.

Remember, these are not necessarily 'good' or 'bad' strategies. The effectiveness of either strategy can depend on a range of factors, including the specific situation, the intensity of the emotion, the individual's overall emotional profile, and cultural norms. Also, flexibly employing a range of strategies as needed is often more beneficial than relying on any one strategy.