

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

[illegible]

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.

- 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.
- 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.