(164) Emotion Regulation Questionnaire: Reappraisal Scale

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|  | We would like to ask you some questions about your emotional life, in particular, how you control (that is, regulate and manage) your emotions. The questions below involve two distinct aspects of your emotional life. One is your emotional experience, or what you feel like inside. The other is your emotional expression, or how you show your emotions in the way you talk, gesture, or behave. Although some of the following questions may seem similar to one another, they differ in important ways. For each item, please answer using the following scale: | Strongly disagree | Disagree | A little disagree | Neutral | A little agree | Agree | Strongly agree |
| 1. | When I want to feel more positive emotion (such as joy or amusement), I change what I’m thinking about. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. | When I want to feel less negative emotion (such as sadness or anger), I change what I’m thinking about. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. | When I’m faced with a stressful situation, I make myself think about it in a way that helps me stay calm. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. | When I want to feel more positive emotion, I change the way I’m thinking about the situation. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. | I control my emotions by changing the way I think about the situation I’m in. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. | When I want to feel less negative emotion, I change the way I’m thinking about the situation. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |