(166) Berkeley Expressivity Questionnaire

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | For each statement below, please indicate your agreement or disagreement. Do so by selecting the appropriate number from the following rating scale: | Strongly disagree | Disagree | A little disagree | Neutral | A little agree | Agree | Strongly agree |
| 1. | Whenever I feel positive emotions, people can easily see exactly what I am feeling. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. | I sometimes cry during sad movies. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. | People often do not know what I am feeling. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. | I laugh out loud when someone tells me a joke that I think is funny. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. | It is difficult for me to hide my fear. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. | When I'm happy, my feelings show. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. | My body reacts very strongly to emotional situations. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. | I've learned it is better to suppress my anger than to show it. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. | No matter how nervous or upset I am, I tend to keep a calm exterior. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. | I am an emotionally expressive person. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. | I have strong emotions. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. | I am sometimes unable to hide my feelings, even though I would like to. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. | Whenever I feel negative emotions, people can easily see exactly what I am feeling. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. | There have been times when I have not been able to stop crying even though I tried to stop. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. | I experience my emotions very strongly. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. | What I'm feeling is written all over my face. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |