(240) Friends’ Emotion Regulation Questionnaire: Reappraisal Scale

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|  | We would like to ask you some questions about your friends’ emotional life, in particular, how they control (that is, regulate and manage) their emotions. The questions below involve two distinct aspects of your friends’ emotional life. One is your friends’ emotional experience, or what they feel like inside. The other is your friends’ emotional expression, or how they show their emotions in the way they 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 they want to feel more positive emotion (such as joy or amusement), they change what they are thinking about. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. | When they want to feel less negative emotion (such as sadness or anger), they change what they are thinking about.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. | When they are faced with a stressful situation, they make themselves think about it in a way that helps them stay calm.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. | When they want to feel more positive emotion, they change the way they are thinking about the situation. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. | They control their emotions by changing the way they think about the situation they are in.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. | When they want to feel less negative emotion, they change the way they are thinking about the situation.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |