(241) Friends’ Emotion Regulation Questionnaire: Suppression 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. | They keep their emotions to themselves.  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. | When they are feeling positive emotions, they are careful not to express them. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. | They control their emotions by not expressing them. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. | When they are feeling negative emotions, they make sure not to express them. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |