(320) Friends’ Differentiate of Self Inventory: Emotion Reactivity Scale

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|  | These are questions concerning your friends’ thoughts and feelings about themselves and relationships with others. Please read each statement carefully and decide how much the statement is generally true of your friends on a 1 (not at all) to 6 (very) scale. If you believe that an item does not pertain to your friends (e.g., they are not currently married or in a committed relationship, or one or both of their parents are deceased), please answer the item according to your best guess about what your friends’ thoughts and feelings would be in that situation. Be sure to answer every item and try to be as honest and accurate as possible in your responses. | Not at all true  | Not true | Somewhat not true | Somewhat true | True | Very true |
| 1. | People have remarked that they are overly emotional. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. | When someone close to them disappoints them, they withdraw from him/her for a time. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. | They wish that they weren't so emotional. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. | When their spouse/partner criticizes them, it bothers them for days. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. | At times their feelings get the best of them and they have trouble thinking clearly. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. | At times they feel as if they are riding an emotional roller-coaster. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. | They are overly sensitive to criticism. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. | If they have had an argument with their spouse/partner, they tend to think about it all day. | 1 | 2 | 3 | 4 | 5 | 6 |
| 9. | Arguments with their parent(s) or sibling(s) can still make them feel awful. | 1 | 2 | 3 | 4 | 5 | 6 |
| 10. | If someone is upset with them, they can’t seem to let it go easily. | 1 | 2 | 3 | 4 | 5 | 6 |
| 11. | They are very sensitive to being hurt by others.  | 1 | 2 | 3 | 4 | 5 | 6 |
| 12. | Their self-esteem really depends on how others think of them. | 1 | 2 | 3 | 4 | 5 | 6 |