(411) Emotion Regulation Questionnaire: Suppression Scale of recipients in the Community

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|  | We would like to ask you some questions about emotional life of recipients in the community, in particular, how recipients in the community control (that is, regulate and manage) their emotions. The questions below involve two distinct aspects of emotional life of recipients in the community. One is emotional experience of recipients in the community, or what they feel like inside. The other is emotional expression of recipients in the community, 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 |