(92) Differentiate of Self Inventory: Emotion Reactivity Scale

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