

Regulation of Emotion Systems Survey

Please indicate how you respond **right away to negative emotions as they arise**. Do not choose your answers based on what you think you should do or wish you do. Instead, choose your answers thoughtfully, and make your answers about what you *actually* do. Please answer *every* item. There are no “right” and “wrong” answers, so choose the most accurate answer for YOU – not what you think “most people” would say or do. For each statement below, please circle the appropriate number to indicate how frequently you did the following things in response to feeling a negative emotion, such as anger, sadness, or stress.

At the time I experience a negative emotion, I usually respond to it right away by...

	Never	Some	Half of	Most of	Always
		times	the time	the time	
1. Thinking repeatedly about what was bothering me	1	2	3	4	5
2. Using facial expressions to show that I was upset	1	2	3	4	5
3. Acting like I was not upset	1	2	3	4	5
4. Letting my emotions show	1	2	3	4	5
5. Vocalizing how I was feeling	1	2	3	4	5
6. Focusing on slowing my heart rate and breathing	1	2	3	4	5
7. Showing my feelings	1	2	3	4	5
8. Trying to slow my heart rate and breathing	1	2	3	4	5
9. Immediately working on something to keep myself busy	1	2	3	4	5
10. Continually thinking about what was bothering me	1	2	3	4	5
11. Outwardly showing what I was feeling	1	2	3	4	5
12. Making sure no one could tell what I was feeling	1	2	3	4	5
13. Doing something else to distract myself	1	2	3	4	5
14. Trying to see the emotional event from a different perspective	1	2	3	4	5
15. Pretending I was not upset	1	2	3	4	5
16. Telling others exactly how I felt	1	2	3	4	5
17. Going over the emotional event again and again in my mind	1	2	3	4	5
18. Looking at the emotional event from a different perspective	1	2	3	4	5
19. Expressing my feelings	1	2	3	4	5
20. Identifying different angles to see the situation	1	2	3	4	5
21. Thinking of other ways to interpret the situation	1	2	3	4	5
22. Engaging in something else to keep busy	1	2	3	4	5
23. Showing that I was upset	1	2	3	4	5
24. Looking at the situation from several different angles	1	2	3	4	5
25. Hiding my feelings	1	2	3	4	5
26. Being sure to hide what I was feeling	1	2	3	4	5
27. Taking deep breaths	1	2	3	4	5
28. Continually trying to decide what went wrong	1	2	3	4	5
29. Engaging in activities to distract myself	1	2	3	4	5
30. Decreasing the tension in my body	1	2	3	4	5
31. Making an effort to hide my feelings	1	2	3	4	5
32. Concealing how I was feeling	1	2	3	4	5

33. Thinking about the emotional event again and again in my mind	1	2	3	4	5
34. Thinking again and again about what went wrong	1	2	3	4	5
35. Trying to pretend I wasn't upset	1	2	3	4	5
36. Thinking of alternate ways to see the situation	1	2	3	4	5
37. Trying to think of the emotional event in a more positive light	1	2	3	4	5
38. Trying to see the situation in a more positive light	1	2	3	4	5

Scoring:

Rumination: 1, 10, 17, 28, 33, 34

Engagement: 2, 4, 5, 7, 11, 16, 19, 23

Suppression: 3, 12, 15, 25, 26, 31, 32, 35

Relaxation: 6, 8, 27, 30

Distraction: 9, 13, 22, 29,

Reappraisal: 14, 18, 20, 21, 24, 36, 37, 38