

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 click on 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.

	Never	Some times	Half of the time	Most of the time	Always
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. Thinking of other ways to interpret the situation	1	2	3	4	5
4. Acting like I was not upset	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. Immediately working on something to keep myself busy	1	2	3	4	5
8. Continually thinking about what was bothering me	1	2	3	4	5
9. Making sure no one could tell what I was feeling	1	2	3	4	5
10. Doing something else to distract myself	1	2	3	4	5
11. Letting my emotions show	1	2	3	4	5
12. Trying to see the emotional event from a different perspective	1	2	3	4	5
13. Pretending I was not upset	1	2	3	4	5
14. Going over the emotional event again and again in my mind	1	2	3	4	5
15. Looking at the emotional event from a different perspective	1	2	3	4	5
16. Trying to slow my heart rate and breathing	1	2	3	4	5
17. Engaging in something else to keep busy	1	2	3	4	5
18. Hiding my feelings	1	2	3	4	5
19. Taking deep breaths	1	2	3	4	5
20. Showing my feelings	1	2	3	4	5
21. Continually trying to decide what went wrong	1	2	3	4	5
22. Engaging in activities to distract myself	1	2	3	4	5
23. Identifying different angles to see the situation	1	2	3	4	5
24. Decreasing the tension in my body	1	2	3	4	5

Scoring

Rumination: 1, 8, 14, 21

Engagement: 2, 5, 11, 20

Reappraisal: 3, 12, 15, 23

Suppression: 4, 9, 13, 18

Relaxation: 6, 16, 19, 24

Distraction: 7, 10, 17, 22