ER

We would like to ask you some questions about your emotional life, in particular, how you control (that is, regulate and manage) your emotions. We are interested in two aspects of your emotional life. One is your EMOTIONAL EXPERIENCE, or what you feel like inside. The other is your EMOTIONAL EXPRESSION, or how you show your emotions in the way you talk, gesture, or behave. Although some of the following questions may seem similar to one another, they differ in important ways.

Subject ID	Month	Day	Year	Week
0 0 0 0	0 0	0 0	0 0	0 0
1 1 1 1	1 1	1 1	1 1	1 1
2 2 2 2	2 2	2 2	2 2	2 2
3 3 3 3	3 3	3 3	3 3	3 3
4 4 4 4	4 4	4 4	4 4	4 4
5 5 5 5	5 5	5 5	5 5	5 5
6 6 6 6	6 6	6 6	6 6	6 6
7 7 7 7	7 7	7 7	7 7	7 7
8 8 8 8	8 8	8 8	8 8	8 8
9 9 9 9	9 9	9 9	9 9	9 9

For each item, please answer using the following scale:

1----------2----------3----------4----------5----------6----------7

strongly disagree — **neutral** — **strongly agree**

	strongly disagree			neutral			strongly agree
1. When I want to feel more positive emotion (such as joy or amusement), I change what I'm thinking about.	1	2	3	4	5	6	7
2. I keep my emotions to myself.	1	2	3	4	5	6	7
3. When I want to feel less negative emotion (such as sadness or anger), I change what I'm thinking about.	1	2	3	4	5	6	7
4. When I am feeling positive emotions, I am careful not to express them.	1	2	3	4	5	6	7
5. When I'm faced with a stressful situation, I make myself think about it in a way that helps me stay calm.	1	2	3	4	5	6	7
6. I control my emotions by not expressing them.	1	2	3	4	5	6	7
7. When I want to feel more positive emotion, I change the way I'm thinking about the situation.	1	2	3	4	5	6	7
8. I control my emotions by changing the way I think about the situation I'm in.	1	2	3	4	5	6	7
9. When I am feeling negative emotions, I make sure not to express them.	1	2	3	4	5	6	7
10. When I want to feel less negative emotion, I change the way I'm thinking about the situation.	1	2	3	4	5	6	7