

DERS

Please indicate how often each statement applies to you on the following scale:

1 ----- 2 ----- 3 ----- 4 ----- 5
almost never sometimes about half the time most of the time almost always
(0-10%) (11-35%) (36-65%) (66-90%) (91-100%)

1. ___ I am clear about my feelings.
2. ___ I pay attention to how I feel.
3. ___ I experience my emotions as overwhelming and out of control.
4. ___ I have no idea how I am feeling.
5. ___ I have difficulty making sense out of my feelings.
6. ___ I am attentive to my feelings.
7. ___ I know exactly how I am feeling.
8. ___ I care about what I am feeling.
9. ___ I am confused about how I feel.
10. ___ When I'm upset, I acknowledge my emotions.
11. ___ When I'm upset, I become angry with myself for feeling that way.
12. ___ When I'm upset, I become embarrassed for feeling that way.
13. ___ When I'm upset, I have difficulty getting work done.
14. ___ When I'm upset, I become out of control.
15. ___ When I'm upset, I believe that I will remain that way for a long time.
16. ___ When I'm upset, I believe that I'll end up feeling very depressed.
17. ___ When I'm upset, I believe that my feelings are valid and important.
18. ___ When I'm upset, I have difficulty focusing on other things.
19. ___ When I'm upset, I feel out of control.
20. ___ When I'm upset, I can still get things done.
21. ___ When I'm upset, I feel ashamed with myself for feeling that way.
22. ___ When I'm upset, I know that I can find a way to eventually feel better.
23. ___ When I'm upset, I feel like I am weak.
24. ___ When I'm upset, I feel like I can remain in control of my behaviors.
25. ___ When I'm upset, I feel guilty for feeling that way.
26. ___ When I'm upset, I have difficulty concentrating.
27. ___ When I'm upset, I have difficulty controlling my behaviors.
28. ___ When I'm upset, I believe that there is nothing I can do to make myself feel better.
29. ___ When I'm upset, I become irritated with myself for feeling that way.
30. ___ When I'm upset, I start feeling very bad about myself.
31. ___ When I'm upset, I believe that wallowing in it is all I can do.
32. ___ When I'm upset, I lose control over my behaviors.
33. ___ When I'm upset, I have difficulty thinking about anything else.
34. ___ When I'm upset, I take time to figure out what I'm really feeling.
35. ___ When I'm upset, it takes me a long time to feel better.
36. ___ When I'm upset, my emotions feel overwhelming.