

Emotional Regulation Assessment

Emotional Arousal	Yes	No
My feelings are intense.		
Sometimes I wish I could die.		
I can't seem to relax, even when I try.		
I feel tense, stressed, on edge, when there is nothing going on.		
I anticipate failure or that bad things will happen.		
I jump when there is a loud, or unanticipated, noise.		
I'm always prepared for bad things to happen.		
I feel vulnerable, like I could be easily hurt.		
My emotions are always "on".		
Emotional Sensitivity		
I react emotionally even to minor events.		
I am tuned in to what others are thinking or feeling.		
I feel the hurt of others.		
Often, "emotional" commercials can make me cry.		
Other people tell me that I'm an emotional person.		
I think I experience emotions more intensely than most people.		
Emotional Tension		
It is difficult for me to change my emotional states. Strong emotions seem to last a long time.		
Emotional Distrust		
I can't trust my gut reactions.		
My feelings get in the way rather than guide me.		
Emotional Escape		
I do everything possible to change feelings that I don't want.		
When someone hurts me, I avoid them (leave the room, refuse to call etc.)		
Emotional Avoidance		
I'm afraid of my strong emotions.		
I won't take chances.		
I do whatever is necessary to avoid being hurt by others.		
I stay away from people who make me uncomfortable.		
I avoid situations where I have experienced hurt in the past.		
Urgency		
I have to solve my problems quickly.		
I'm impulsive. I do things without a lot of thought because I want quick results.		
I feel dread about the future.		
I feel that my problems are so bad that they should be changed quickly.		
People tell me that I'm impatient.		

This questionnaire is designed to help you and your therapist better understand your experiences. It is not designed for diagnosis. For a correct diagnosis, you must seek professional help from a licensed mental health professional.
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