|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Mostly disagree** | **Somewhat disagree** | **Neither agree or disagree** | **Somewhat agree** | **Mostly agree** | **Strongly agree** |
| **1.**  When I want to feel a more positive emotion (such as joy or amusement), I change what I am thinking about | □ | □ | □ | □ | □ | □ | □ |
| **2.**  I keep my emotions to myself. | □ | □ | □ | □ | □ | □ | □ |
| **3.**  When I want to feel less negative emotion (such as sadness or anger), I change what I am thinking about. | □ | □ | □ | □ | □ | □ | □ |
| **4.**  When I am feeling positive emotions, I am careful not to express them. | □ | □ | □ | □ | □ | □ | □ |
| **5.**  When I am faced with a stressful situation, I make myself think about it in a way that helps me stay calm. | □ | □ | □ | □ | □ | □ | □ |
| **6.**  I control my emotions by not expressing them. | □ | □ | □ | □ | □ | □ | □ |
| **7.**  When I want to feel more positive emotion, I change the way I am thinking about the situation. | □ | □ | □ | □ | □ | □ | □ |
| **8.** I control my emotions by changing the way I think about the situation I am in. | □ | □ | □ | □ | □ | □ | □ |
| **9.** When I am feeling negative emotions, I make sure not to express them. | □ | □ | □ | □ | □ | □ | □ |
| **10.**  When I want to feel less negative emotion, I change the way I am thinking about the situation. | □ | □ | □ | □ | □ | □ | □ |