**SIDES AFFECT Dysregulation Scale (1: Not at all, 2: A little, 3: Sometimes, 4: Often)**

1. In the PAST 3 MONTHS, small problems got me very upset.
2. In the PAST 3 MONTHS, my feelings got in the way of doing things.

1. In the PAST 3 MONTHS, I had trouble controlling my feelings.
2. In the PAST 3 MONTHS, people have suggested that I "calm down."
3. In the PAST 3 MONTHS, I have felt able to manage strong feelings.

1. In the PAST 3 MONTHS, I have felt overwhelmed by strong feelings.