Children’s Emotion Management Scale: **ANGER**

Instructions: Please circle the response that best describes your behavior when you are feeling **mad**.

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| --- | --- | --- | --- |
| 1. When I am feeling mad, I control my temper. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 2. I hold my anger in. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 3. I stay calm and keep my cool when I am feeling mad. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 4. I do things like slam doors when I am mad. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 5. I hide my anger. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 6. I attack whatever it is that makes me mad. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 7. I get mad inside but I don’t show it. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 8. I can stop myself from losing my temper. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 9. I say mean things to others when I am mad. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 10. I try to calmly deal with what is making me feel mad. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |
| 11. I’m afraid to show my anger. | Hardly-Ever  **1** | Sometimes  **2** | Often  **3** |

Children’s Emotion Management Scale: **WORRY**

Instructions: Please circle the response that best describes your behavior when you are feeling **worried.**

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| 1. I keep myself from losing control of my worried feelings. | Hardly-Ever **1** | Sometimes **2** | Often **3** |
| 2. I show my worried feelings. | Hardly-Ever **1** | Sometimes **2** | Often **3** |
| 3. I hold my worried feelings in. | Hardly-Ever **1** | Sometimes **2** | Often **3** |
| 4. I talk to someone until I feel better when I’m worried. | Hardly-Ever **1** | Sometimes **2** | Often **3** |
| 5. I do things like cry and carry on when I’m worried. | Hardly-Ever **1** | Sometimes **2** | Often **3** |
| 6. I hide my worried feelings. | Hardly-Ever **1** | Sometimes **2** | Often **3** |
| 7. I keep whining about how worried I am. | Hardly-Ever **1** | Sometimes **2** | Often **3** |
| 8. I get worried inside by don’t show it. | Hardly-Ever **1** | Sometimes **2** | Often **3** |
| 9. I can’t stop myself from acting really worried. | Hardly-Ever **1** | Sometimes **2** | Often **3** |
| 10. I try to calmly settle the problem when I feel worried. | Hardly-Ever **1** | Sometimes **2** | Often **3** |