



# Skills Building

## Emotion Regulation Quiz

### INSTRUCTIONS FOR STATE ASSESSMENT

Did you do any of the following behavior in an attempt to influence your feelings, either to increase positive moods or to decrease negative moods? Check all that apply in the first box to the left of the question.

### INSTRUCTIONS FOR TRAIT ASSESSMENT

In the space preceding each item, place a number from the following scale to indicate how frequently you use that behavior to influence your feelings, either to increase positive moods or to decrease negative moods?

not at all 1		hardly ever 2		sometimes 3		moderate amount 4		often 5		very often 6		almost always 7	
<input type="checkbox"/>		I took action to solve the problem causing my mood.						<input type="checkbox"/>		I socialized to forget my mood.			
<input type="checkbox"/>		I tried to understand my feelings by thinking and analyzing them.						<input type="checkbox"/>		I tried to reinterpret the situation, to find a different meaning.			
<input type="checkbox"/>		I made plans or a resolution to avoid such problems in the future.						<input type="checkbox"/>		I tried to accept it as my fate, what will be, will be.			
<input type="checkbox"/>		I ate something to get over my bad mood.						<input type="checkbox"/>		I let my feelings out by venting or expressing them.			
<input type="checkbox"/>		I wrote about my feelings in a diary, letter, or e-mail.						<input type="checkbox"/>		I kept to myself. I wanted to be alone.			
<input type="checkbox"/>		I withdrew from or avoided the situation.						<input type="checkbox"/>		I treated myself to something special.			
<input type="checkbox"/>		I tried to not let my feelings show, to suppress any expression.						<input type="checkbox"/>		I tried to put things in perspective.			
<input type="checkbox"/>		I talked to someone about my feelings.						<input type="checkbox"/>		I tried to think about those things that are going well for me.			
<input type="checkbox"/>		I tried to be grateful for the things in my life that are going well.						<input type="checkbox"/>		I laughed, joked around, tried to make myself or others laugh.			
<input type="checkbox"/>		I thought about something to distract myself from my feelings.						<input type="checkbox"/>		I compared myself to people who are worse off.			
<input type="checkbox"/>		I drank coffee or caffeinated beverages.						<input type="checkbox"/>		I tried to find something good in the situation.			
<input type="checkbox"/>		I did something fun, something I really enjoy.						<input type="checkbox"/>		I worked on something or stayed busy to forget my mood.			
<input type="checkbox"/>		I prayed, put my faith in God or did something religious.						<input type="checkbox"/>		I played sports or exercised.			
<input type="checkbox"/>		I watched TV, read a book, etc. for distraction.						<input type="checkbox"/>		I slept or took a nap.			
<input type="checkbox"/>		I used alcohol to get out of a bad mood.						<input type="checkbox"/>		I went out of my way to help someone.			
<input type="checkbox"/>		I talked to an advisor or mentor.						<input type="checkbox"/>		I daydreamed of the time when I will not have the problem.			