Skills Building
Emotion Regulation Quiz

INSTRUCTIONS FOR STATE ASSESSMENT
Did you do any of the following behavior 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

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

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