

Difficulties in Emotion Regulation Scale – Short Form (DERS-SF)
Kaufman, Xia, Fosco, Yaptangco, Skidmore, & Crowell (2015)

Please indicate how often the following apply to you.

| | Almost Never (0–10%) | Some- times (11–35%) | About Half Of the Time (36–65%) | Most of the Time (66–90%) | Almos Always (91–100) |
|--|----------------------------|----------------------------|---------------------------------------|---------------------------------|-----------------------------|
| 1. I pay attention to how I feel | 1 | 2 | 3 | 4 | 5 |
| 2. I have no idea how I am feeling | 1 | 2 | 3 | 4 | 5 |
| 3. I have difficulty making sense out of my feelings | 1 | 2 | 3 | 4 | 5 |
| 4. I care about what I am feeling | 1 | 2 | 3 | 4 | 5 |
| 5. I am confused about how I feel | 1 | 2 | 3 | 4 | 5 |
| 6. When I'm upset, I acknowledge my emotions | 1 | 2 | 3 | 4 | 5 |
| 7. When I'm upset, I become embarrassed for feeling that way | 1 | 2 | 3 | 4 | 5 |
| 8. When I'm upset, I have difficulty getting work done | 1 | 2 | 3 | 4 | 5 |
| 9. When I'm upset, I become out of control | 1 | 2 | 3 | 4 | 5 |
| 10. When I'm upset, I believe that I will end up feeling very depressed | 1 | 2 | 3 | 4 | 5 |
| 11. When I'm upset, I have difficulty focusing on other things | 1 | 2 | 3 | 4 | 5 |
| 12. When I'm upset, I feel guilty for feeling that way | 1 | 2 | 3 | 4 | 5 |
| 13. When I'm upset, I have difficulty concentrating | 1 | 2 | 3 | 4 | 5 |
| 14. When I'm upset, I have difficulty controlling my behaviors | 1 | 2 | 3 | 4 | 5 |
| 15. When I'm upset, I believe there is nothing I can do to make myself feel better | 1 | 2 | 3 | 4 | 5 |
| 16. When I'm upset, I become irritated with myself for feeling that way | 1 | 2 | 3 | 4 | 5 |
| 17. When I'm upset, I lose control over my behavior | 1 | 2 | 3 | 4 | 5 |
| 18. When I'm upset, it takes me a long time to feel better | 1 | 2 | 3 | 4 | 5 |