

# Cognitive Emotion Regulation Questionnaire (CERQ)

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_  
Gender: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

**Instructions:** This 36-item questionnaire evaluates how effectively you manage emotions using various cognitive strategies, including positive reappraisal (viewing the emotion-triggering event in a more positive light), acceptance, rumination, and self-blame.

Please indicate how often you think in the following ways when facing intense, threatening, or stressful situations.

Items	Almost never	Rarely	Occasionally	Frequently	Almost always
1. I feel that I am the one to blame for it.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
2. I feel that I am the one who is responsible for what has happened.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
3. I think about the mistakes I have made in this matter.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
4. I think that basically the cause my lie within myself.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
5. I think that I have to accept that this has happened.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
6. I think that I have to accept the situation.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
7. I think that I cannot change anything about it.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
8. I think I must learn to live with it.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
9. I often think about how I feel about what I have experienced.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
10. I am preoccupied with what I think and feel about what I have experienced.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
11. I want to understand why I feel the way I do about what I have experienced.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

Items	Almost never	Rarely	Occasionally	Frequently	Almost always
12. I dwell upon the feelings the situation has evoked in me.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
13. I think of nicer things than what I have experienced.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
14. I think of pleasant things that have nothing to do with it.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
15. I think of something nice instead of what has happened.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
16. I think about pleasant experiences.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
17. I think about what I can do best.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
18. I think about how I can best cope with the situation.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
19. I think about how to change the situation.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
20. I think about a plan of what I can do best.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
21. I think I can learn something from the situation.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
22. I think that I can become a stronger person as a result of what has happened.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
23. I think that the situation also has its positive sides.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
24. I look for the positive sides to the matter.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
25. I think that it could have all been much worse.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

Items	Almost never	Rarely	Occasionally	Frequently	Almost always
26. I think that other people go through much worse experiences.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
27. I think that it hasn't been too bad compared to other things.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
28. I tell myself that there are worse things in life.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
29. I often think that what I have experienced is much worse than what others have experienced.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
30. I keep thinking about how terrible it is what I have experienced.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
31. I often think that what I have experienced is the worst that can happen to a person.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
32. I continually think how horrible the situation has been.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
33. I feel that others are to blame for it.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
34. I feel that others are responsible for what has happened.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
35. I think about the mistakes others have made in this matter.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5
36. I feel that basically the cause lies with others.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5

**Total score:** \_\_\_\_\_

### Scoring

- Total self-blame = Average items 1 – 4
- Total acceptance = Average items 5 – 8
- Total rumination = Average items 9 – 12
- Total positive refocusing = Average items 13 – 16
- Total refocus on planning = Average items 17 – 20
- Total positive reappraisal = Average items 21 – 24
- Total putting into perspective = Average items 25 – 28
- Total catastrophizing = Average items 29 – 32
- Total blaming others = Average items 33 – 36

## Interpretation

Less effective ways of cognitively reappraising a stressful or demanding situation include self-blame, rumination (replaying unpleasant memories and emotions), catastrophizing (thinking of the situation as being worse than it actually is) and blaming others. More effective ways of cognitively reappraising one's emotions include acceptance, positive refocusing (redirecting one's focus towards other, unrelated, pleasant things), positive reappraisal (seeing the positives from the difficult situation) and putting into perspective.

The average for each of the dimensions, from a sample of 301 adults is as follows:

Note that there are two average scores since data was collected during two different times.

- Self-blame = 8.22, 8.56
- Acceptance = 11.01, 10.43
- Rumination = 10.46, 10.11
- Positive refocusing = 10.01, 9.79
- Refocus on planning = 13.03, 12.57
- Positive reappraisal = 12.46, 12.30
- Putting into perspective = 11.64, 11.26
- Catastrophizing = 6.05, 6.05
- Blaming others = 6.38, 6.0

## Additional notes

## Reference

Garnefski, N., Kraaij, V., & Spinhoven, P. (2001). The Cognitive Emotion Regulation Questionnaire: Psychometric features and prospective relationships with depression and anxiety in adults. *European Journal of Psychological Assessment*, 23(3), 141-149. <https://doi.org/10.1027/1015-5759.23.3.141>