

# Interpersonal Emotion Regulation Questionnaire (IERQ)

Below is a list of statements that describe how people use others to regulate their emotions. Please read each statement and then circle the number next to it to indicate how much this is true for you by using a scale from 1 (not true for me at all) to 5 (extremely true for me). Please do this for each statement. There are no right or wrong answers.

	Not true for me at all (1)	A little bit (2)	Moderately (3)	Quite a bit (4)	Extremely true for me (5)
1) It makes me feel better to learn how others dealt with their emotions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) It helps me deal with my depressed mood when others point out that things aren't as bad as they seem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I like being around others when I'm excited to share my joy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) I look for other people to offer me compassion when I'm upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) Hearing another person's thoughts on how to handle things helps me when I am worried.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) Being in the presence of certain other people feels good when I'm elated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) Having people remind me that others are worse off helps me when I'm upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) I like being in the presence of others when I feel positive because it magnifies the good feeling.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) Feeling upset often causes me to seek out others who will express sympathy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) When I am upset, others make me feel better by making me realize that things could be a lot worse.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11) Seeing how others would handle the same situation helps me when I am frustrated.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12) I look to others for comfort when I feel upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13)					

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|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Because happiness is contagious, I seek out other people when I'm happy.                  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 14) When I am annoyed, others can soothe me by telling me not to worry.                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 15) When I'm sad, it helps me to hear how others have dealt with similar feelings.        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 16) I look to other people when I feel depressed just to know that I am loved.            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 17) Having people telling me not to worry can calm me down when I am anxious.             | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 18) When I feel elated, I seek out other people to make them happy.                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 19) When I feel sad, I seek out others for consolation.                                   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 20) If I'm upset, I like knowing what other people would do if they were in my situation. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |