

About your emotions

This questionnaire asks different questions about how you experience emotions **on a regular basis (for example, each day)**. When you are asked about being 'emotional,' this may refer to being angry, sad, excited, or some other emotion. Please rate the following statements.

Even the littlest things make me emotional *

Not like me at all

01234

Extremely like me

I often get so upset it's hard for me to think straight *

Not like me at all

01234

Extremely like me

When I am angry/upset, it takes me much longer than most people to calm down *

Not like me at all

01234

Extremely like me

When I feel emotional, it's hard for me to imagine feeling any other way *

Not like me at all

01234

Extremely like me

I tend to get very emotional very easily *

Not like me at all

01234

Extremely like me

My moods are very strong and powerful *

Not like me at all

01234

Extremely like me

Complete