

# About your emotions

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

I think that it hasn't been too bad compared to other things \*

Almost never

1

2

3

4

5

Almost always

I think that I have to accept that this has happened \*

Almost never

1

2

3

4

5

Almost always

I feel that others are responsible for what has happened \*

Almost never

1

2

3

4

5

Almost always

I think about a plan of what I can do best \*

Almost never

1

2

3

4

5

Almost always

I tell myself that there are worse things in life \*

Almost never

1

2

3

4

5

Almost always

I often think about how I feel about what I have experienced \*

Almost never

1

2

3

4

5

Almost always

I think that I can become a stronger person as a result of what has happened \*

Almost never

1

2

3

4

5

Almost always

I think of pleasant things that have nothing to do with it \*

Almost never

1

2

3

4

5

Almost always

I think that basically the cause must lie within myself \*

Almost never

1

2

3

4

5

Almost always

I am preoccupied with what I think and feel about what I have experienced \*

Almost never

1

2

3

4

5

Almost always

Think of something nice instead of what has happened \*

Almost never

1

2

3

4

5

Almost always

I feel that basically the cause lies with others \*

Almost never

1

2

3

4

5

Almost always

I think about how to change the situation \*

Almost never

1

2

3

4

5

Almost always

I think I can learn something from the situation \*

Almost never

1

2

3

4

5

Almost always

I keep thinking about how terrible it is what I have experienced \*

Almost never

1

2

3

4

5

Almost always

I continually think how horrible the situation has been \*

Almost never

1

2

3

4

5

Almost always

I think that I have to accept the situation \*

Almost never

1

2

3

4

5

Almost always

I feel that I am the one who is responsible for what has happened \*

Almost never

1

2

3

4

5

Almost always

Complete