

str_wrap(item, 40)

When I want to feel more positive emotion (such as joy or amusement), I change what I'm thinking about.

4.54

When I want to feel less negative emotion (such as sadness or anger), I change what I'm thinking about.

6.44

When I am feeling positive emotions, I am careful not to express them.

3.55

I keep my emotions to myself.

2.34

0

2

4

6

mean