**AFFECTIVE STYLE QUESTIONNAIRE**

**See the attached paper for an explanation of these questions.**

Instructions We are interested in how you experience and manage your emotions. Obviously, different situations bring out somewhat different responses, but think about what you usually do. Please try to respond to each item separately in your mind from each other item. Do not indicate agreement with things that you think you should do or wish you do. Instead, choose your answers thoughtfully, and make your answers about what is true FOR YOU. Please answer every item. There are no “right” or “wrong” answers, so choose the most accurate answer for YOU−—not what you think “most people” would say or do. Use the scale below to answer each item

**1-------------------------2----------------------3---------------------4--------------------------5**

**not true of me at all a little bit moderately**

**quite a bit**

**extremely true of me**

1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5 1—2—3—4—5



1. People usually can’t tell how I am feeling inside.
2. I have my emotions well under control
3. I can tolerate having strong emotions.
4. I can avoid getting upset by taking a different perspective on things.
5. I often suppress my emotional reactions to things.
6. It’s ok if people see me being upset.
7. I can calm down very quickly
8. I am able to let go of my feelings.
9. I am good at hiding my feelings.
10. People usually can’t tell when I am upset.
11. It’s ok to feel negative emotions at times.
12. I can get out of a bad mood very quickly.
13. People usually can’t tell when I am sad.
14. I can tolerate being upset.
15. I can act in a way that people don’t see me being upset.
16. I know exactly what to do to get myself into a better mood.
17. There is nothing wrong with feeling very emotional.
18. I could easily fake emotions.
19. I can get into a better mood quite easily.
20. I can hide my anger well if I have to.

