Emotion Regulation Questionnaire (based on CERQ) Version 2, 20/7/12

**How do you cope with events?**
Sometimes nice things happen and sometimes bad things happen. When bad things happen you may feel sad, angry, scared or worried.

Can you tell me about something bad that has happened to you in the last month? This should be something you feel alright to talk about.

I want to ask you some questions about how you thought about what happened to you.

<table>
<thead>
<tr>
<th></th>
<th>Not True</th>
<th>Sometimes True</th>
<th>Always True</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I thought I was to blame</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. I thought of nicer things</td>
<td></td>
<td></td>
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<tr>
<td>3. I thought that others were to blame for example _____ from your story or someone else.</td>
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<td>4. I thought about how terrible it all was</td>
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<tr>
<td>5. I thought that I can’t do anything about it</td>
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<tr>
<td>6. I thought of how I could change it</td>
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<tr>
<td>7. I thought I had been stupid</td>
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<tr>
<td>8. It just happened; there is nothing I could do about it</td>
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<td>9. I thought of how I could cope with it</td>
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<tr>
<td>10. I thought it was my own fault</td>
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<tr>
<td>11. I thought I could not change it</td>
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</tbody>
</table>
12. I thought of nice things that have happened to me

13. I thought it was the worst thing that can happen to you

14. I thought that it was the fault of others, for example _____ from your story or someone else.

15. I thought of what I could do best

16. I thought that it was all caused by others, for example _____ from your story or someone else.

17. I thought of something nice and not about what had happened

18. I thought about how horrible it was

Thank You

**Scoring**

Not true= 0  
Sometimes True = 1  
Never true= 2

Self Blame- Questions 1,7,10 Total =  
Acceptance- Questions 5, 8, 11 Total=  
Positive Refocusing- Questions 2, 12, 17 Total=  
Refocus on Planning- Questions 6, 9, 15 Total=  
Catastrophizing- Questions 4, 13, 18 Total=  
Other Blame- Questions 3, 14, 16 Total =
Appendix 9- Observer Alexithymia Scale

Please use the following scale for each item:

<table>
<thead>
<tr>
<th>Never:</th>
<th>Sometimes:</th>
<th>Usually:</th>
<th>All of the time:</th>
</tr>
</thead>
<tbody>
<tr>
<td>not at all like the person</td>
<td>a little like the person</td>
<td>very much like the person</td>
<td>completely like the person</td>
</tr>
<tr>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
</tbody>
</table>

**He or she**

Circle:

1. is a warm person.  
2. falls apart when things are really tough.  
3. worries too much about his or her health.  
4. has a good sense of humor.  
5. is too self-controlled.  
6. has compassion.  
7. is good at relationships.  
8. becomes confused when things are very stressful.  
9. talks a lot about physical pain or discomfort.  
10. tells jokes and makes funny remarks.  
11. must "go by the book."  
12. is sensitive to other people.  
13. becomes frustrated in the face of uncertainty.  
14. spends a lot of time worrying about his or her body.  
15. is playful.  
16. is stiff; rigid.  
17. likes to be close to people.  

18. likes to explore his or her feelings.  
19. has strong emotions that he or she cannot explain.  
20. is imaginative; creative.  
21. seems to lack a sense of purpose.  
22. has physical problems that are hard to treat.  
23. is unexciting; boring.  
24. is flexible.  
25. likes to have close friends.  
26. knows himself or herself well.  
27. has physical reactions to stress (headaches, sweating, stomach problems, muscle pain).  
28. is colorless; uninteresting.  
29. likes to touch or be touched.  
30. has trouble finding the right words to describe his or her feelings.  
31. sees things only as black or white  
32. understands his or her needs very well.  
33. puts off enjoying the good things in life, even when it is not necessary to do so.

He or she

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