**Emotion and Regulation Beliefs Scale (ERBS)**

Below are a series of statements about emotions.  Please select the degree to which you agree with each statement.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 |
| Strongly disagree | Mildly disagree | Agree and disagree equally | Mildly agree | Strongly agree |

|  |  |  |
| --- | --- | --- |
| 1. | \_\_\_\_\_\_\_\_\_ | Emotions operate like a floodgate that is either open or closed. In other words, emotions are either “on” or “off.” |
| 2. | \_\_\_\_\_\_\_\_\_ | Emotions can either be expressed entirely or hidden from others—it isn’t possible to share only part of an emotional response. |
| 3. | \_\_\_\_\_\_\_\_\_ | People can learn to control/regulate their emotions. |
| 4. | \_\_\_\_\_\_\_\_\_ | People are ruled by their emotions. |
| 5. | \_\_\_\_\_\_\_\_\_ | Putting forth effort to alter emotional experience is valuable. |
| 6. | \_\_\_\_\_\_\_\_\_ | When a person has a strong emotional reaction to another person, they will always feel that way about that other person. |
| 7. | \_\_\_\_\_\_\_\_\_ | When people are feeling down, they have to wait for a better mood to arrive before they can be productive. |
| 8. | \_\_\_\_\_\_\_\_\_ | People would be better off if they took time to figure out where their emotions come from. |
| 9. | \_\_\_\_\_\_\_\_\_ | When strong emotions are present, they dictate what a person says or does. |
| 10. | \_\_\_\_\_\_\_\_\_ | When an emotion comes along, it will continue unless there is a change in the environment. |
| 11. | \_\_\_\_\_\_\_\_\_ | When people acknowledge their emotions, the emotions will completely take them over. |
| 12. | \_\_\_\_\_\_\_\_\_ | Learning how to alter strong emotions is a worthwhile pursuit. |
| 13. | \_\_\_\_\_\_\_\_\_ | It is possible, with effort, to alter strong feelings in any situation. |
| 14. | \_\_\_\_\_\_\_\_\_ | When a person feels really angry, it’s virtually impossible to not take the anger out on people or objects nearby. |
| 15. | \_\_\_\_\_\_\_\_\_ | People are slaves to their emotions. |
| 16. | \_\_\_\_\_\_\_\_\_ | People would be better off if they spent more time learning how to control their emotions. |
| 17. | \_\_\_\_\_\_\_\_\_ | Strong emotions will make people do things they wouldn’t normally do. |
| 18. | \_\_\_\_\_\_\_\_\_ | When feelings of sadness take over, a person can’t really do anything but wallow in the misery. |
| 19. | \_\_\_\_\_\_\_\_\_ | People benefit from learning how to regulate their feelings |
| 20. | \_\_\_\_\_\_\_\_\_ | It’s virtually impossible for people to act opposite to the way they feel. |
| 21. | \_\_\_\_\_\_\_\_\_ | Emotions make people lose control. |

Scoring Information:

* No reverse scored items
* *Calculating scores:* Mean scores are computed for each subscale. No total score.
* *Score ranges:* Scores range from 1 to 5.
* *High/low scores:* High scores reflect a higher endorsement of a given emotion belief.
* Subscales are:
  + Emotion Constraint (1, 2, 6, 7, 10, 11, 14, 18, 20)
  + Regulation Worth (3, 5, 8, 12, 13, 16, 19)
  + Hijack (4, 9, 15, 17, 21)
  + (see below in table form)

|  |  |  |
| --- | --- | --- |
|  | Item | Subscale |
| 1. | Emotions operate like a floodgate that is either open or closed. In other words, emotions are either “on” or “off.” | Emotion Constraint |
| 2. | Emotions can either be expressed entirely or hidden from others—it isn’t possible to share only part of an emotional response. | Emotion Constraint |
| 3. | People can learn to control/regulate their emotions. | Regulation Worth |
| 4. | People are ruled by their emotions. | Hijack |
| 5. | Putting forth effort to alter emotional experience is valuable. | Regulation Worth |
| 6. | When a person has a strong emotional reaction to another person, they will always feel that way about that other person. | Emotion Constraint |
| 7. | When people are feeling down, they have to wait for a better mood to arrive before they can be productive. | Emotion Constraint |
| 8. | People would be better off if they took time to figure out where their emotions come from. | Regulation Worth |
| 9. | When strong emotions are present, they dictate what a person says or does. | Hijack |
| 10. | When an emotion comes along, it will continue unless there is a change in the environment. | Emotion Constraint |
| 11. | When people acknowledge their emotions, the emotions will completely take them over. | Emotion Constraint |
| 12. | Learning how to alter strong emotions is a worthwhile pursuit. | Regulation Worth |
| 13. | It is possible, with effort, to alter strong feelings in any situation. | Regulation Worth |
| 14. | When a person feels really angry, it’s virtually impossible to not take the anger out on people or objects nearby. | Emotion Constraint |
| 15. | People are slaves to their emotions. | Hijack |
| 16. | When a person has a strong emotional reaction to another person, they will always feel that way about that other person. | Regulation Worth |
| 17. | Strong emotions will make people do things they wouldn’t normally do. | Hijack |
| 18. | When feelings of sadness take over, a person can’t really do anything but wallow in the misery. | Emotion Constraint |
| 19. | People benefit from learning how to regulate their feelings. | Regulation Worth |
| 20. | It’s virtually impossible for people to act opposite to the way they feel. | Emotion Constraint |
| 21. | Emotions make people lose control. | Hijack |