

1	2	3	4	5
Almost never	Sometimes	About half the time	Most of the time	Almost always
(0-10%)	(11-35%)	(36-65%)	(66-90%)	(91-100%)

Difficulties in Emotion Regulation Scale (DERS)

Identifier

Date

Please indicate how often the following 36 statements apply to you by writing the appropriate number from the scale above (1 – 5) in the box alongside each item.

1	I am clear about my feelings (R)	<input type="checkbox"/>
2	I pay attention to how I feel (R)	<input type="checkbox"/>
3	I experience my emotions as overwhelming and out of control	<input type="checkbox"/>
4	I have no idea how I am feeling	<input type="checkbox"/>
5	I have difficulty making sense out of my feelings	<input type="checkbox"/>
6	I am attentive to my feelings (R)	<input type="checkbox"/>
7	I know exactly how I am feeling (R)	<input type="checkbox"/>
8	I care about what I am feeling (R)	<input type="checkbox"/>
9	I am confused about how I feel	<input type="checkbox"/>
10	When I'm upset, I acknowledge my emotions (R)	<input type="checkbox"/>
11	When I'm upset, I become angry with myself for feeling that way	<input type="checkbox"/>
12	When I'm upset, I become embarrassed for feeling that way	<input type="checkbox"/>

1 Almost never (0-10%)	2 Sometimes (11-35%)	3 About half the time (36-65%)	4 Most of the time (66-90%)	5 Almost always (91-100%)
13	When I'm upset, I have difficulty getting work done			<input type="checkbox"/>
14	When I'm upset, I become out of control			<input type="checkbox"/>
15	When I'm upset, I believe that I will remain that way for a long time			<input type="checkbox"/>
16	When I'm upset, I believe that I'll end up feeling very depressed			<input type="checkbox"/>
17	When I'm upset, I believe that my feelings are valid and important (R)			<input type="checkbox"/>
18	When I'm upset, I have difficulty focusing on other things			<input type="checkbox"/>
19	When I'm upset, I feel out of control			<input type="checkbox"/>
20	When I'm upset, I can still get things done (R)			<input type="checkbox"/>
21	When I'm upset, I feel ashamed with myself for feeling that way			<input type="checkbox"/>
22	When I'm upset, I know that I can find a way to eventually feel better (R)			<input type="checkbox"/>
23	When I'm upset, I feel like I am weak			<input type="checkbox"/>
24	When I'm upset, I feel like I can remain in control of my behaviours (R)			<input type="checkbox"/>
25	When I'm upset, I feel guilty for feeling that way			<input type="checkbox"/>
26	When I'm upset, I have difficulty concentrating			<input type="checkbox"/>
27	When I'm upset, I have difficulty controlling my behaviours			<input type="checkbox"/>

1	2	3	4	5
Almost never (0-10%)	Sometimes (11-35%)	About half the time (36-65%)	Most of the time (66-90%)	Almost always (91-100%)

- 28 When I'm upset, I believe that there is nothing I can do to make myself feel better
- 29 When I'm upset, I become irritated with myself for feeling that way
- 30 When I'm upset, I start to feel very bad about myself
- 31 When I'm upset, I believe that wallowing in it is all I can do
- 32 When I'm upset, I lose control over my behaviours
- 33 When I'm upset, I have difficulty thinking about anything else
- 34 When I'm upset, I take time to figure out what I'm really feeling (R)
- 35 When I'm upset, it takes me a long time to feel better
- 36 When I'm upset, my emotions feel overwhelming

Document Version: 1.1

Last Updated: 05 June 2013

Planned Review: 30 June 2018

Privacy - please note - this form does not transmit any information about you or your assessment scores. If you wish to keep your results, you must print this document. These results are intended as a guide to your health and are presented for educational purposes only. They are not intended to be a clinical diagnosis. If you are concerned in any way about your health, please consult with a qualified health professional.

Gratz, K.L. & Roemer, E. Multidimensional Assessment of Emotion Regulation and Dysregulation: Development, Factor Structure, and Initial Validation of the Difficulties in Emotion Regulation Scale. *Journal of Psychopathology and Behavioral Assessment*, 26: 1, pp. 41-54.