

Emotion Regulation Questionnaire (ERQ)

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9/03

The Emotion Regulation Questionnaire is designed to assess individual differences in the habitual use of two emotion regulation strategies: cognitive reappraisal and expressive suppression.

Citation

Gross J J and John O P (2003) Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology*, 85, 348-362.

Instructions and Items

We would like to ask you some questions about your emotional life, in particular, how you control (that is, regulate and manage) your emotions. The questions below involve two distinct aspects of your emotional life. One is your **emotional experience**, or what you feel like inside. The other is your **emotional expression**, or how you show your emotions in the way you talk, gesture, or behave. Although some of the following questions may seem similar to one another, they differ in important ways. For each item, please answer using the following scale:

1	2	3	4	5	6	7
Strongly disagree			Neutral			Strongly agree

- When I want to feel more *positive* emotion (such as joy or amusement), I *change what I'm thinking about*.
- I keep my emotions to myself.
- When I want to feel less *negative* emotion (such as sadness or anger), I *change what I'm thinking about*.
- When I am feeling *positive* emotions, I am careful not to express them.
- When I'm faced with a stressful situation, I make myself *think about it* in a way that helps me stay calm.
- I control my emotions by *not expressing them*.
- When I want to feel more *positive* emotion, I *change the way I'm thinking about* the situation.
- I control my emotions by changing the way I think about the situation I'm in.
- When I am feeling *negative* emotions, I make sure not to express them.
- When I want to feel less *negative* emotion, I *change the way I'm thinking about* the situation.

Note

Do not change item order, as items 1 and 3 at the beginning of the questionnaire define the terms “positive emotion” and “negative emotion”.

Scoring (no reversals)

Reappraisal Items: 1, 3, 5, 7, 8, 10; Suppression Items: 2, 4, 6, 9.

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