

## Difficulties in Emotion Regulation Scale (DERS)

Please indicate how often the following statements apply to you by writing the appropriate number from the scale below on the line beside each item.

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%)
_____	1) I am clear about my feelings.			
_____	2) I pay attention to how I feel.			
_____	3) I experience my emotions as overwhelming and out of control.			
_____	4) I have no idea how I am feeling.			
_____	5) I have difficulty making sense out of my feelings.			
_____	6) I am attentive to my feelings.			
_____	7) I know exactly how I am feeling.			
_____	8) I care about what I am feeling.			
_____	9) I am confused about how I feel.			
_____	10) When I'm upset, I acknowledge my emotions.			
_____	11) When I'm upset, I become angry with myself for feeling that way.			
_____	12) When I'm upset, I become embarrassed for feeling that way.			
_____	13) When I'm upset, I have difficulty getting work done.			
_____	14) When I'm upset, I become out of control.			
_____	15) When I'm upset, I believe that I will remain that way for a long time.			
_____	16) When I'm upset, I believe that I will end up feeling very depressed.			
_____	17) When I'm upset, I believe that my feelings are valid and important.			
_____	18) When I'm upset, I have difficulty focusing on other things.			
_____	19) When I'm upset, I feel out of control.			
_____	20) When I'm upset, I can still get things done.			
_____	21) When I'm upset, I feel ashamed at myself for feeling that way.			
_____	22) When I'm upset, I know that I can find a way to eventually feel better.			
_____	23) When I'm upset, I feel like I am weak.			
_____	24) When I'm upset, I feel like I can remain in control of my behaviors.			
_____	25) When I'm upset, I feel guilty for feeling that way.			
_____	26) When I'm upset, I have difficulty concentrating.			
_____	27) When I'm upset, I have difficulty controlling my behaviors.			
_____	28) When I'm upset, I believe there is nothing I can do to make myself feel better.			
_____	29) When I'm upset, I become irritated at 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 behavior.			
_____	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.			
_____	35) When I'm upset, it takes me a long time to feel better.			
_____	36) When I'm upset, my emotions feel overwhelming.			

Reverse-scored items (place a subtraction sign in front of them) are numbered 1, 2, 6, 7, 8, 10, 17, 20, 22, 24 and 34.

**Calculate total score by adding everything up.** Higher scores suggest greater problems with emotion regulation.

**SUBSCALE SCORING\*\*:** The measure yields a total score (SUM) as well as scores on six sub-scales:

1. Nonacceptance of emotional responses (NONACCEPT): 11, 12, 21, 23, 25, 29
2. Difficulty engaging in Goal-directed behavior (GOALS): 13, 18, 20R, 26, 33
3. Impulse control difficulties (IMPULSE): 3, 14, 19, 24R, 27, 32
4. Lack of emotional awareness (AWARENESS): 2R, 6R, 8R, 10R, 17R, 34R
5. Limited access to emotion regulation strategies (STRATEGIES): 15, 16, 22R, 28, 30, 31, 35, 36
6. Lack of emotional clarity (CLARITY): 1R, 4, 5, 7R, 9

Total score: sum of all subscales

\*\*"R" indicates reverse scored item

### REFERENCE:

Gratz, K. L. & Roemer, L. (2004). 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, 41-54.