

Difficulties in Emotion Regulation Scale (DERS)

Full name: _____ Date: _____

Instructions: Please tick the response that is most true for you.

	Almost never	Sometimes	About half the time	Most of the time	Almost always
1. I am clear about my feeling.	5	4	3	2	1
2. I pay attention to how I feel.	5	4	3	2	1
3. I experience my emotions as overwhelming and out of control.	1	2	3	4	5
4. I have no idea how I am feeling.	1	2	3	4	5
5. I have difficulty making sense out of my feelings.	1	2	3	4	5
6. I am attentive to my feelings.	5	4	3	2	1
7. I know exactly how I am feeling.	5	4	3	2	1
8. I care about what I am feeling.	5	4	3	2	1
9. I am confused about how I feel.	1	2	3	4	5
10. When I'm upset, I acknowledge my emotions.	5	4	3	2	1
11. When I'm upset, I become angry with myself for feeling that way.	1	2	3	4	5
12. When I'm upset, I become embarrassed for feeling that way.	1	2	3	4	5
13. When I'm upset, I have difficulty getting work done.	1	2	3	4	5
14. When I'm upset, I become out of control.	1	2	3	4	5
15. When I'm upset, I believe that I will remain that way for a long time.	1	2	3	4	5
16. When I'm upset, I believe that I'll end up feeling very depressed.	1	2	3	4	5
17. When I'm upset, I believe that my feelings are valid and important.	5	4	3	2	1

	Almost never	Sometimes	About half the time	Most of the time	Almost always
18. When I'm upset, I have difficulty focusing on other things.	1	2	3	4	5
19. When I'm upset, I feel out of control.	1	2	3	4	5
20. When I'm upset, I can still get things done.	5	4	3	2	1
21. When I'm upset, I feel ashamed with myself for feeling that way.	1	2	3	4	5
22. When I'm upset, I know that I can find a way to eventually feel better.	5	4	3	2	1
23. When I'm upset, I feel like I am weak.	1	2	3	4	5
24. When I'm upset, I feel like I can remain in control of my behaviors.	5	4	3	2	1
25. When I'm upset, I feel guilty for feeling that way.	1	2	3	4	5
26. When I'm upset, I have difficulty concentrating.	1	2	3	4	5
27. When I'm upset, I have difficulty controlling my behaviors.	1	2	3	4	5
28. When I'm upset, I believe that there is nothing I can do to make myself feel better.	1	2	3	4	5
29. When I'm upset, I become irritated with myself for feeling that way.	1	2	3	4	5
30. When I'm upset, I start to feel very bad about myself.	1	2	3	4	5
31. When I'm upset, I believe that wallowing in it is all I can do.	1	2	3	4	5
32. When I'm upset, I lose control over my behaviors.	1	2	3	4	5
33. When I'm upset, I have difficulty thinking about anything else.	1	2	3	4	5
34. When I'm upset I take time to figure out what I'm really feeling.	5	4	3	2	1
35. When I'm upset, it takes me a long time to feel better.	1	2	3	4	5
36. When I'm upset, my emotions feel overwhelming.	1	2	3	4	5

Subscales		
<ul style="list-style-type: none"> • Nonacceptance of emotional responses (NONACCEPT): 11, 12, 21, 23, 25, 29 • Difficulty engaging in Goal-directed behavior (GOALS): 13, 18, 20, 26, 33 • Impulse control difficulties (IMPULSE): 3, 14, 19, 24, 27, 32 • Lack of emotional awareness (AWARENESS): 2, 6, 8, 10, 17, 34 • Limited access to emotion regulation strategies (STRATEGIES): 15, 16, 22, 28, 30, 31, 35, 36 • Lack of emotional clarity (CLARITY): 1, 4, 5, 7, 9 		
Scoring		
Nonaccept:	Goals:	Impulse:
Awareness:	Strategies:	Clarity:
Total score:		
Notes		

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(1), 41-54.