

Emotion Reactivity Scale

Patient's full name:

Date submitted:

Instructions: Please self-rate yourself based on the following statements, using a scale from 0 to 4, where **0** means 'not at all like me' and **4** means 'completely like me.'

	0	1	2	3	4
1. When something happens that upsets me, it's all I can think about for a long time.					
2. My feelings get hurt easily.					
3. When I experience emotions, I feel them very strongly/intensely.					
4. When I'm emotionally upset, my whole body gets physically upset as well.					
5. I tend to get very emotional very easily.					
6. I experience emotions very strongly.					
7. I often feel extremely anxious.					
8. When I feel emotional, it's hard for me to imagine feeling any other way.					
9. Even the littlest things make me emotional.					
10. If I have a disagreement with someone, it takes a long time for me to get over it.					
11. When I am angry/upset, it takes me much longer than most people to calm down.					
12. I get angry at people very easily.					
13. I am often bothered by things that other people don't react to.					
14. I am easily agitated.					
15. My emotions go from neutral to extreme in an instant.					
16. When something bad happens, my mood changes very quickly. People tell me I have a very short fuse.					
17. People tell me that my emotions are often too intense for the situation.					
18. I am a very sensitive person.					
19. My moods are very strong and powerful.					
20. I often get so upset it's hard for me to think straight.					
21. Other people tell me I'm overreacting.					

Subscales
• Sensitivity subscale (items 2, 5, 7, 9, 12, 13, 14, 15, 16, and 18)
• Arousal/intensity subscale (items 3, 4, 6, 17, 19, 20, and 21)
• Persistence subscale (items 1, 8, 10, and 11)
Scoring
Sensitivity:
Arousal/intensity:
Persistence subscale:
Total score:
Signature
Psychologist/therapist's full name:
Signature:

Nock, M. K., Wedig, M. M., Holmberg, E. B., & Hooley, J. M. (2008). The Emotion Reactivity Scale: Development, Evaluation, and Relation to Self-Injurious Thoughts and Behaviors. *Behavior Therapy*, 39(2), 107–116. <https://doi.org/10.1016/j.beth.2007.05.005>