

This questionnaire asks about your beliefs about emotions **in general**. Some questions ask about negative emotions (e.g., sadness, fear, and anger). Other questions ask about positive emotions (e.g., happiness, joy, and amusement). For each statement, please rate **how much you agree or disagree that the statement is true in general**. Circle one answer for each statement.

		Strongly disagree	----	----	Neither agree nor disagree	----	----	Strongly agree
1	Once people are experiencing negative emotions, there is nothing they can do about modifying them.	1	2	3	4	5	6	7
2	People cannot control their positive emotions.	1	2	3	4	5	6	7
3	There is very little use for negative emotions.	1	2	3	4	5	6	7
4	Positive emotions are very unhelpful to people.	1	2	3	4	5	6	7
5	It doesn't matter how hard people try, they cannot change their negative emotions.	1	2	3	4	5	6	7
6	People cannot learn techniques to effectively control their positive emotions.	1	2	3	4	5	6	7
7	People don't need their negative emotions.	1	2	3	4	5	6	7
8	There is very little use for positive emotions.	1	2	3	4	5	6	7
9	People cannot control their negative emotions.	1	2	3	4	5	6	7
10	It doesn't matter how hard people try, they cannot change their positive emotions.	1	2	3	4	5	6	7
11	Negative emotions are harmful.	1	2	3	4	5	6	7
12	People don't need their positive emotions.	1	2	3	4	5	6	7
13	People cannot learn techniques to effectively control their negative emotions.	1	2	3	4	5	6	7
14	Once people are experiencing positive emotions, there is nothing they can do about modifying them.	1	2	3	4	5	6	7
15	The presence of negative emotions is a bad thing for people.	1	2	3	4	5	6	7
16	Positive emotions are harmful.	1	2	3	4	5	6	7

EBQ-SO

This questionnaire asks about your beliefs about emotions. We ask about your beliefs about **your own emotions**, and your beliefs about **other people's emotions**. Some questions ask about negative emotions (e.g., sadness, fear, and anger). Other questions ask about positive emotions (e.g., happiness, joy, and amusement).

For each statement, using the scales provided, please give two ratings:

1. (Using the scale on the left) how much you agree or disagree that the statement is **true for you.**
2. (Using the scale on the right) how much you agree that the statement is **true for other people in general.**

True for <u>me</u>								True for <u>other people in general</u>							
Strongly disagree (1)	(2)	(3)	Neither agree nor disagree (4)	(5)	(6)	(7)		Strongly disagree (1)	(2)	(3)	Neither agree nor disagree (4)	(5)	(6)	(7)	
1. Once one is experiencing negative emotions, there is nothing one can do about modifying them.															
2. One cannot control their positive emotions.															
3. There is very little use for one’s negative emotions.															
4. One’s positive emotions are very unhelpful.															
5. It doesn’t matter how hard one tries, one cannot change their negative emotions.															

6. One cannot learn techniques to effectively control their positive emotions.

7. One doesn't need their negative emotions.

8. There is very little use for one's positive emotions.

9. One cannot control their negative emotions.

10. It doesn't matter how hard one tries, one cannot change their positive emotions.

11. One's negative emotions are harmful.

12. One doesn't need their positive emotions.

13. One cannot learn techniques to effectively control their negative emotions.

14. Once one is experiencing positive emotions, there is nothing one can do about modifying them.

15. The presence of one's negative emotions is a bad thing.

16. One's positive emotions are harmful.