

## (EPS-26)

Below are a number of statements that describe various ways in which people experience and respond to their feelings. As you answer each question, circle the number on the right that best describes you. **Only circle one number per statement and please be sure to answer every question.**

Never  
Rarely  
Sometimes  
Often  
Very Often

		Never	Rarely	Sometimes	Often	Very Often
1.	I am open with others about how I feel.	1	2	3	4	5
2.	My feelings help me gain new insights about myself.	1	2	3	4	5
3.	I am a worrier.	1	2	3	4	5
4.	Talking with others about how I feel is easy for me.	1	2	3	4	5
5.	My emotions are a gateway to understanding myself more accurately.	1	2	3	4	5
6.	I have a hard time changing the way I feel.	1	2	3	4	5
7.	I am vague with others about how I feel	1	2	3	4	5
8.	I am able to identify my needs through understanding my emotions.	1	2	3	4	5
9.	I feel emotionally unstable.	1	2	3	4	5
10.	It is challenging to talk about how I feel with others, even those who know me well.	1	2	3	4	5
11.	My emotions give clarity to the choices I need to make in my life.	1	2	3	4	5
12.	I am able to see how my emotions are related to other feelings I experience.	1	2	3	4	5
13.	I experience more negative emotions than positive ones.	1	2	3	4	5
14.	I choose to keep my feelings private.	1	2	3	4	5
15.	I am able to figure out what is at the heart of emotions I experience.	1	2	3	4	5
16.	There is a void inside of me that I am unable to figure out.	1	2	3	4	5
17.	I feel safe sharing my feelings with others.	1	2	3	4	5
18.	I am able to accurately identify my feelings.	1	2	3	4	5
19.	I feel flooded and overwhelmed by my emotions.	1	2	3	4	5
20.	I experience feelings of worthlessness.	1	2	3	4	5
21.	I believe it is better to keep my feelings to myself.	1	2	3	4	5
22.	My life feels like an emotional rollercoaster.	1	2	3	4	5
23.	I am able to talk about my feelings honestly.	1	2	3	4	5
24.	I am in tune with the things I feel.	1	2	3	4	5
25.	I feel content and satisfied.	1	2	3	4	5
26.	I focus on my feelings.	1	2	3	4	5