LESS

We are interested in how you deal with your feelings or emotions—for example, how you deal with feelings of anger, sadness, anxiety, or sexual feelings. We all differ in how we deal with these feelings—so there are no right or wrong answers. Please read each sentence carefully and answer each sentence—using the scale below—as to how you deal with your feelings during the past month. Put the number of your response next to the sentence.

Scale:

1 = very untrue of me
2 = somewhat untrue of me
3 = slightly untrue of me
4 = slightly true of me
5 = somewhat true of me
6 = very true of me

1. ___ When I feel down, I try to think about a different way to view things.
2. ___ When I have a feeling that bothers me, I try to think of why it is not important.
3. ___ I often think that I respond with feelings that others would not have.
4. ___ Some feelings are wrong to have.
5. ___ There are things about myself that I just don’t understand.

6. ___ I believe that it is important to let myself cry in order to get my feelings “out”.
7. ___ If I let myself have some of these feelings, I fear I will lose control.
8. ___ Others understand and accept my feelings.
9. ___ You can’t allow yourself to have certain kinds of feelings—like feelings about sex or violence.
10. ___ My feelings don’t make sense to me.

11. ___ If other people changed, I would feel a lot better.
12. ___ I think that there are feelings that I have that I am not really aware of.
13. ___ I sometimes fear that if I allowed myself to have a strong feeling, it would not go away.
14. ___ I feel ashamed of my feelings.
15. ___ Things that bother other people don’t bother me.

16. ___ No one really cares about my feelings.
17. ___ It is important for me to be reasonable and practical rather than sensitive and open to my feelings.
18. ___ I can’t stand it when I have contradictory feelings—like liking and disliking the same person.
19. ___ I am much more sensitive than other people.
20. ___ I try to get rid of an unpleasant feeling immediately.
Please put the last 4 digits of your Social Security number at the top of each page in the space provided.

21. ____ When I feel down, I try to think of the more important things in life—what I value.
22. ____ When I feel down or sad, I question my values.
23. ____ I feel that I can express my feelings openly.
24. ____ I often say to myself, “What’s wrong with me?”
25. ____ I think of myself as a shallow person.
26. ____ I want people to believe that I am different from the way I truly feel.
27. ____ I worry that I won’t be able to control my feelings.
28. ____ You have to guard against having certain feelings.
29. ____ Strong feelings only last a short period of time.
30. ____ You can’t rely on your feelings to tell you what is good for you.

31. ____ I shouldn’t have some of the feelings that I have.
32. ____ I often feel “numb” emotionally—like I have no feelings.
33. ____ I think that my feelings are strange or weird.
34. ____ Other people cause me to have unpleasant feelings.
35. ____ When I have conflicting feelings about someone, I get upset or confused.

36. ____ When I have a feeling that bothers me I try to think of something else to think about or to do.
37. ____ When I feel down, I sit by myself and think a lot about how bad I feel.
38. ____ I like being absolutely definite about the way I feel about someone else.
39. ____ Everyone has feelings like mine.
40. ____ I accept my feelings.

41. ____ I think that I have the same feelings that other people have.
42. ____ There are higher values that I aspire to.
43. ____ I think that my feelings now have nothing to do with how I was brought up.
44. ____ I worry that if I have certain feelings I might go crazy.
45. ____ My feelings seem to come out of nowhere.

46. ____ I think it is important to be rational and logical in almost everything.
47. ____ I like being absolutely definite about the way I feel about myself.
48. ____ I focus a lot on my feelings or my physical sensations.
49. ____ I don’t want anyone to know about some of my feelings.
50. ____ I don’t want to admit to having certain feelings—but I know that I have them.
Table 13.2

**Emotional Schema Scale (LESS) Dimensions**

<table>
<thead>
<tr>
<th>Validation</th>
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<tbody>
<tr>
<td>Item 8. Others understand and accept my feelings.</td>
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<tr>
<td>(Item 16.) No one really cares about my feelings.</td>
</tr>
<tr>
<td>(Item 49.) I don’t want anyone to know about some of my feelings.</td>
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**Comprehensibility**

| (Item 5.) There are things about myself that I just don’t understand. |
| (Item 10.) My feelings don’t make sense to me. |
| (Item 33.) I think that my feelings are strange or weird. |
| (Item 45.) My feelings seem to come out of nowhere. |

**Guilt**

| Item 4. Some feelings are wrong to have. |
| Item 26. I want people to believe that I am different from the way I truly feel. |
| Item 31. I shouldn’t have some of the feelings that I have. |

**Simplistic view of emotion**

| Item 18. I can’t stand it when I have contradictory feelings – like liking and disliking the same person. |
| Item 35. When I have conflicting feelings about someone, I get upset or confused. |
| Item 38. I like being absolutely definite about the way I feel about someone else. |
| Item 47. I like being absolutely definite about the way I feel about myself. |

**Higher values**

| Item 21. When I feel down, I try to think of the more important things in life – what I value. |
| (Item 25.) I think of myself as a shallow person. |
| Item 42. There are higher values that I aspire to. |

**Control**

| (Item 7.) If I let myself have some of these feelings, I fear I will lose control. |
| (Item 27.) I worry that I won’t be able to control my feelings. |
| (Item 44.) I worry that if I have certain feelings I might go crazy. |
**Numbness**

Item 15. Things that bother other people don’t bother me.
Item 32. I often feel “numb” emotionally – like I have no feelings.

**Rational**

Item 17. It is important for me to be reasonable and practical rather than sensitive and open to my feelings.
Item 46. I think it is important to be rational and logical in almost everything.
Item 20. You can’t rely on your feelings to tell you what is good for you.

**Duration**

Item 13. I sometimes fear that if I allowed myself to have a strong feeling, it would not go away.

(Item 29.) Strong feelings only last a short period of time.

**Consensus**

(Item 3.) I often think that I respond with feelings that others would not have.
(Item 19.) I am much more sensitive than other people.
Item 39. Everyone has feelings like mine.
Item 41. I think that I have the same feelings that other people have.

**Acceptance of feelings**

(Item 2.) When I have a feeling that bothers me, I try to think of why it is not important.
(Item 12.) I think that there are feelings that I have that I am not really aware of.
(Item 20.) I try to get rid of an unpleasant feeling immediately.
Item 40. I accept my feelings.
(Item 50.) I don’t want to admit to having certain feelings – but I know that I have them.
(Item 9.) You can’t allow yourself to have certain kinds of feelings – like feelings about sex or violence.
(Item 28.) You have to guard against having certain feelings.

**Rumination**

(Item 1.) When I feel down, I try to think about a different way to view things.
(Item 36.) When I have a feeling that bothers me I try to think of something else to think about or to do.
Item 37. When I feel down, I sit by myself and think a lot about how bad I feel.
Item 24. I often say to myself, “What’s wrong with me?”
Item 48. I focus a lot on my feelings or my physical sensations.

*Expression*

Item 6. I believe that it is important to let myself cry in order to get my feelings “out.”
Item 23. I feel that I can express my feelings openly.

*Blame*

Item 11. If other people changed, I would feel a lot better.
Item 34. Other people cause me to have unpleasant feelings.

*Note.* Scores for items in brackets are subtracted from total score.