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LESS II

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.

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Scale:

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

1. ____ I often think that I respond with feelings that others would not have.
2. ____ Some feelings are wrong to have.
3. ____ There are things about myself that I just don't understand.
4. ____ I believe that it is important to let myself cry in order to get my feelings "out".
5. ____ If I let myself have some of these feelings, I fear I will lose control.
6. ____ Others understand and accept my feelings.
7. ____ My feelings don't make sense to me.
8. ____ If other people changed, I would feel a lot better.
9. ____ I sometimes fear that if I allowed myself to have a strong feeling, it would not go away.
10. ____ I feel ashamed of my feelings.
11. ____ Things that bother other people don't bother me.
12. ____ No one really cares about my feelings.
13. ____ It is important for me to be reasonable and practical rather than sensitive and open to my feelings.
14. ____ When I feel down, I try to think of the more important things in life---what I **value**.
15. ____ I feel that I can express my feelings openly.
16. ____ I often say to myself, "What's wrong with me?"
17. ____ I worry that I won't be able to control my feelings.
18. ____ You have to guard against having certain feelings.
19. ____ Strong feelings only last a short period of time.
20. ____ I often feel "numb" emotionally---like I have no feelings.
21. ____ Other people cause me to have unpleasant feelings.
22. ____ When I feel down, I sit by myself and think a lot about how bad I feel.
23. ____ I like being absolutely definite about the way I feel about *someone else*.
24. ____ I accept my feelings.
25. ____ I think that I have the same feelings that other people have.
26. ____ There are higher values that I aspire to.
27. ____ I think it is important to be rational and logical in almost everything.
28. ____ I like being absolutely definite about the way I feel about *myself*.

Fourteen Dimensions of the Emotional Schema Scale

Note: **R = Reversed Score** (1=6; 2=5; 3=4; 4=3; 5=2; 6=1)

Invalidation = (Item 06**R** + Item 12) / 2

- Item 6. Others understand and accept my feelings. (**reversed score**)
- Item 12. No one really cares about my feelings.

Incomprehensibility = (Item 03 + Item 07) / 2

- Item 3. There are things about myself that I just don't understand.
- Item 7. My feelings don't make sense to me.

Guilt = (Item 02 + Item 10) / 2

- Item 2. Some feelings are wrong to have.
- Item 10. I feel ashamed of my feelings.

Simplistic View of Emotion = (Item 23 + Item 28) / 2

- Item 23. I like being absolutely definite about the way I feel about someone else.
- Item 28. I like being absolutely definite about the way I feel about myself.

Devalued = (Item 14**R** + Item 26**R**) / 2

- Item 14. When I feel down, I try to think of the more important things in life---what I value. (**reversed score**)
- Item 26. There are higher values that I aspire to. (**reversed score**)

Loss of Control = (Item 05 + Item 17) / 2

- (Item 5.) If I let myself have some of these feelings, I fear I will lose control.
- (Item 17.) I worry that I won't be able to control my feelings.

Numbness = (Item 11 + Item 20) / 2

- Item 11. Things that bother other people don't bother me.
- Item 20. I often feel "numb" emotionally---like I have no feelings.

Overly Rational = (Item 13 + Item 27) / 2

- Item 13. It is important for me to be reasonable and practical rather than sensitive and open to my feelings.
Item 27. I think it is important to be rational and logical in almost everything.

Duration = (Item 09 + Item 19R) / 2

- Item 9. I sometimes fear that if I allowed myself to have a strong feeling, it would not go away.
Item 19. Strong feelings only last a short period of time. **(reversed score)**

Low Consensus = (Item 01 + Item 25R) / 2

- Item 1. I often think that I respond with feelings that others would not have.
Item 25. I think that I have the same feelings that other people have. **(reversed score)**

Non-Acceptance of Feelings = (Item 24R + Item 18) / 2

- Item 24. I accept my feelings. **(reversed score)**
Item 18. You have to guard against having certain feelings.

Rumination = (Item 22 + Item 16) / 2

- Item 22. When I feel down, I sit by myself and think a lot about how bad I feel.
Item 16. I often say to myself, "What's wrong with me?"

Low Expression = (Item 04R + Item 15R) / 2

- Item 4. I believe that it is important to let myself cry in order to get my feelings "out". **(reversed score)**
Item 15. I feel that I can express my feelings openly. **(reversed score)**

Blame = (Item 08 + Item 21) / 2

- Item 8. If other people changed, I would feel a lot better.
Item 21. Other people cause me to have unpleasant feelings.