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www.focusonemotions.nl

Rieffe, C., Oosterveld, P., Miers, A.C., Meerum Terwogt, M., & Ly, V. (2008). Emotion awareness and internalising symptoms in children and adolescents; the Emotion Awareness Questionnaire revised. *Personality and Individual Differences, 45*, 756-761.

The way I feel

Please fill out your first name.....

And your date of birth.....

And whether you are a boy or a girl.....

On the next pages, you will find 30 short sentences. Every sentence is a statement about how you can feel or think about your feelings. You can mark each sentence if this is true, sometimes true or not true for you. Choose the answer that best fits you. You can only mark one answer. If you find that difficult, choose the answer that fits you most of the time. Different children have different feelings and ideas about their feelings. Therefore, there are no right or wrong answers, because it is just about what you think.

For example the sentence

“When I feel upset, I try to forget about it”

If this statement is true for you, then mark “true”

not true sometimes true true

If this statement is sometimes true for you, then mark “sometimes true”

not true sometimes true true

If this statement is not true for you, then mark “not true”

not true sometimes true true

		not true	sometimes true	true
1	I am often confused or puzzled about what I am feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I find it difficult to explain to a friend how I feel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	Other people don't need to know how I am feeling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	When I am scared or nervous, I feel something in my tummy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	It is important to know how my friends are feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	When I am angry or upset, I try to understand why	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	It is difficult to know whether I feel sad or angry or something else	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I find it hard to talk to anyone about how I feel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	When I am upset about something, I often keep it to myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	When I feel upset, I can also feel it in my body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I don't want to know how my friends are feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	My feelings help me to understand what has happened	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	I never know exactly what kind of feeling I am having	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	I can easily explain to a friend how I feel inside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	When I am angry or upset, I try to hide this	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

		not true	sometimes true	true
16	I don't feel anything in my body when I am scared or nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	If a friend is upset, I try to understand why	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	When I have a problem, it helps me when I know how I feel about it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19	When I am upset, I don't know if I am sad, scared or angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	When I am upset, I try not to show it	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21	My body feels different when I am upset about something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22	I don't care about how my friends are feeling inside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23	It is important to understand how I am feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24	Sometimes, I feel upset and I have no idea why	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25	When I am feeling bad, it is no one else's business	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26	When I am sad, my body feels weak	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27	I usually know how my friends are feeling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28	I always want to know why I feel bad about something	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29	I often don't know why I am angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30	I don't know when something will upset me or not	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

*Please check
that you have marked all of the sentences.*

Thank you!