Emotion Regulation Questionnaire (ERQ) Gross & John

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| Bahasa Inggris | | Bahasa Indonesia | |
| 1. | When I want to feel more positive emotion (such as joy or amusement), I change what I’m thinking about. | 1. |  |
| 2. | I keep my emotions to myself. | 2. |  |
| 3. | When I want to feel less negative emotion (such as sadness or anger), I change what I’m thinking about. | 3. |  |
| 4. | When I am feeling positive emotions, I am careful not to express them. | 4. |  |
| 5. | When I’m faced with a stressful situation, I make myself think about it in a way that helps me stay calm. | 5. |  |
| 6. | I control my emotions by not expressing them. | 6. |  |
| 7. | When I want to feel more positive emotion, I change the way I’m thinking about the situation. | 7. |  |
| 8. | I control my emotions by changing the way I think about the situation I’m in. | 8. |  |
| 9. | When I am feeling negative emotions, I make sure not to express them. | 9. |  |
| 10. | When I want to feel less negative emotion, I change the way I’m thinking about the situation. | 10. |  |