DEALING WITH EMOTIONS

Name: Date:

Institution:

We are studying how people deal with some happenings and feelings. There are no right or wrong ways. Please answer the following questions frankly.

A. For each of the three questions below pairs are given. Choose one item in each pair that you do more frequently than the other. Put a tick mark (4) on that item.

1. When bad mood strikes you, what do you generally do?
   — a. Analyse your mood
   — b. Do something to distract your attention
2. When you quarrel with your friend/partner, how do you react?
   — a. Get away and take attention off one some other things, and not be over-concerned with it.
   — b. Express your emotions and be quite concerned about it.
3. What events do you generally recall and relive?
   — a. Pleasant ones which you enjoyed.
   — b. Unpleasant ones, and the sufferings you have had.

B. Read each item given below and respond how often you do them. Use the following key to give your responses.

Write 4 if this happens (or you do so) most frequently
Write 3 if this happens (or you do so) often
Write 2 if this happens (or you do so) sometimes
Write 1 if this happens (or you do so) occasionally
Write 0 if this happens (or you do so) almost never

4. When you are depressed for some reason, how often do you do the following?
   — a. Think about the events causing depression.
   — b. Recall details of the events.
   — c. Analyse to determine the source of depression.
   — d. Get involved in music, play or some other activity.
   — e. Go to sleep.

5. When you are having some problem, and you are sitting by yourself, how often the following thoughts come to your mind?
— a. Detailed analysis of the causes of the problem.
— b. Related emotions of anger/resentment/frustration.
— c. Alternative solutions to be attempted.
— d. Some other thoughts to turn the attention away from the problem.
6. If you sit and daydream (think or fantasise), which of the following are the main themes of your daydream?
— a. The good time you had with family and friends
— b. Problems people created for you
— c. The suffering you underwent
— d. Work-related matters
7. How often do you do the following?
— a. Recall the events when you failed to achieve what you wanted to achieve, think why you failed, and what you should have done instead.
— b. Relive the quarell you had to analyse who started it, what was the cause, and whether your relations deteriorated with the person?
— c. Regret why you did what you did, what you should have done, or wonder why the other person(s) did which hurt you.
— d. Rethink similar events which happened to you in the past and wonder why it happens to you.
— e. Talk about and lament amongst friends the deteriorating conditions/values in our country/society.