

Emotional Styles Questionnaire

(Adapted from The Emotional Life of Your Brain by Dr. Richard Davidson and Sharon Begley)

Dimension I

True or False

1. If I have a *minor* disagreement with a close friend or spouse – something like, “No, it’s your turn to do the dishes!” – it typically leaves me out of sorts for hours or longer. _____
2. If someone does something very rude to me (like using the shoulder of the highway to cut me off in busy traffic or run straight into me in the hallway and act like it was my fault), I am likely to shake it off easily rather than fume about it for a long time. _____
3. When I have experienced profound grief, such as the death of someone close to me, it has interfered with my ability to function for many months. _____
4. If I make a mistake at work or school and get reprimanded for it, I can shrug it off and take it as a learning experience. _____
5. If I try a new restaurant and find that the food is awful and the service is bad, it ruins my whole evening. _____
6. If I’m stuck in traffic because of an accident up ahead, when I pass the bottleneck I typically floor it to vent my frustration but still seethe inside. _____
7. If something breaks or goes wrong (something like my home’s water heater breaking or my cell phone being dropped in water), it does not affect my mood very much, since I know I can just get it fixed or replaced. _____
8. If I meet a wonderful person and ask if he/she would like to get together again (like someone I want to date or hang out with), being told no typically puts me in a bad mood for hours or even days. _____
9. If I am being considered for an important recognition (like an award or promotion) and it goes to someone I consider less qualified, I can usually move on quickly. _____
10. At a party, if I’m having a conversation with an interesting stranger and get completely tongue-tied when he/she asks me about myself, I tend to replay the conversation – this time including what I *should* have said – for hours or even days afterward. _____

+1 for each True answer/+0 for each False answer to questions 1, 3, 5, 6, 8, and 10

+1 for each False answer/+0 for each True answer to questions 2, 4, 7, and 9

Dimension I Score: _____

>7 – Slow to Recover end of the spectrum

<3 – Fast to Recover end of the spectrum

Dimension II

True or False

1. When I am invited to meet new people, I look forward to it, thinking they might become my friends, rather than seeing it as a chore, figuring these people will never be worth knowing. _____
2. When evaluating a peer or coworker, I focus on details about which areas he needs to improve rather than on his/her positive overall performance. _____
3. I believe the next ten years will be better for me than the last ten. _____
4. Faced with the possibility of moving to a new city, I regard it as a frightening step into the unknown. _____
5. When something small but unexpected and positive happens to me in the morning – for example, having a great conversation with a stranger – the positive mood fades within minutes. _____
6. When I go to a party and I’m having a good time at the outset, the positive feeling tends to last for the entire evening. _____
7. I find that beautiful scenes such as a gorgeous sunset quickly wear off and I get bored easily. _____

8. When I wake up in the morning I can think of a pleasant activity that I've planned, and the thought puts me in a good mood that lasts the entire day. _____
9. When I go somewhere enjoyable (like a concert or a museum), the first few minutes are really enjoyable, but it doesn't last. _____
10. I often feel that on busy days I can keep going from one event to the next without getting tired. _____

+1 for each True answer/+0 for each False answer to questions 1, 3, 6, 8, and 10
 +1 for each False answer/+0 for each True answer to questions 2, 4, 5, 7, and 9

Dimension II Score: _____
 <3 – Negative end of the spectrum
 >7 – Positive end of the spectrum

Dimension III

True or False

1. When I'm talking with people, I often notice subtle social cues about their emotions – discomfort, say, or anger – before they seem to acknowledge those feelings in themselves. _____
2. I often find myself noting facial expressions and body language. _____
3. I find it does not really matter if I talk with people on the phone or in person, since I rarely get any additional information from seeing whom I'm speaking with. _____
4. I often feel as though I know more about people's true feelings than they do themselves. _____
5. I am often taken by surprise when someone I'm talking with gets angry or upset at something I said, for no apparent reason. _____
6. At a restaurant, I prefer to sit next to someone I'm speaking with so I don't have to see his or her full face. _____
7. I often find myself responding to another person's discomfort or distress on the basis of an intuition rather than an explicit discussion. _____
8. When I am in public places with time to kill, I like to observe people around me. _____
9. I find it uncomfortable when someone I barely know looks directly into my eyes during a conversation. _____
10. I can often tell when something is bothering another person just by looking at him or her. _____

+1 for each True answer/+0 for each False answer to questions 1, 2, 4, 7, 8, and 10
 +1 for each False answer/+0 for each True answer to questions 3, 5, 6, and 9

Dimension III Score: _____
 <3 – Puzzled end of the spectrum
 >8 – Socially Intuitive end of the spectrum

Dimension IV

True or False

1. Often, when someone asks me why I am so angry or sad, I respond (or think to myself), "But I'm not!" _____
2. When those closest to me ask why I treated someone harshly or meanly, I often disagree that I did any such thing. _____
3. I frequently – more than a couple of times a month – find that my heart is racing or my pulse is pounding, and I have no idea why. _____
4. When I observe someone in pain, I feel the pain myself both emotionally and physically. _____
5. I am usually sure enough about how I am feeling that I can put my emotions into words. _____
6. I sometimes notice aches and pains and have no idea where they came from. _____
7. I like to spend time being quiet and relaxed, just feeling what is going on inside me. _____

8. I believe I very much inhabit my body and feel at home and comfortable with my body. _____
9. I am strongly oriented to the external world and rarely take note of what's happening in my body. _____
10. When I exercise, I am very sensitive to the changes it produces in my body. _____

+1 for each True answer/+0 for each True answer to questions 4, 5, 7, 8, and 10

+1 for each False answer/+0 for each True answer to questions 1, 2, 3, 6, and 9

Dimension IV Score: _____

<3 – Self-Opaque end of the spectrum

>8 – Self-Aware end of the spectrum

Dimension V

True or False

1. I have been told by someone close to me that I am unusually sensitive to other people's feelings. _____
2. I have occasionally been told that I behaved in a socially inappropriate way, which surprised me. _____
3. I have sometimes suffered a setback at work or had a falling-out with a friend because I was too "chummy" with a superior or too jovial when a good friend was distraught. _____
4. When I speak with people, they sometimes move back to increase the distance between us. _____
5. I often find myself censoring what I was about to say because I've sensed something in the situation that would make it inappropriate (for example, before I respond to, "Do these jeans make me look fat?").

6. When I am in a public setting like a restaurant, I am especially aware of adjusting how loudly I speak to fit the environment. _____
7. I have frequently been reminded when in public to avoid mentioning the names of people who might be around. _____
8. I am almost always aware of whether I have been someplace before, even if it is a place that I last visited or drove by many years ago. _____
9. I notice when someone is acting in a way that seems out of place, such as behaving too casually at work.

10. I've been told by those close to me that I show good manners with strangers and in new situations.

+1 for each True answer/+0 for each False answer to questions 1, 5, 6, 8, 9, and 10

+1 for each False answer/+0 for each True answer to questions 2, 3, 4, and 7

Dimension V Score: _____

<3 – Tuned-Out end of the spectrum

>8 – Tuned-In end of the spectrum

Dimension VI

True or False

1. I can concentrate in a noisy environment. _____
2. When I am in a situation in which a lot is going on and there is a great deal of sensory stimulation, such as at a party or in a crowd at an airport, I can keep myself from getting lost in a train of thought about any particular thing I see. _____
3. If I decide to focus my attention on a particular task, I find that I am mostly able to keep it there. _____
4. If I am at home and trying to work, the noises of a television or other people make me very distracted.

5. I find that if I sit quietly for even a few moments, a flood of thoughts rush into my mind and I find myself following multiple strands of thought, often without knowing how each one began. _____

6. If I am distracted by some unexpected event, I can refocus my attention on what I had been doing. _____
7. During periods of relative quiet, such as when I'm sitting on a bus or waiting in line at a store, I notice a lot of the things around me. _____
8. When an important solo project requires my full and focused attention, I try to work in the quietest place I can find. _____
9. My attention tends to get captured by stimuli and events in the environment, and it is difficult for me to disengage once this happens. _____
10. It is easy for me to talk with another person in a crowded situation like a party or a cubicle in an office; I can tune out others in such an environment even when, with concentration, I can make out what they are saying. _____

+1 for each True answer/+0 for each False answer to questions 1, 2, 3, 6, 7, and 10

+1 for each False answer/+0 for each True answer to questions 4, 5, 8, and 9

Dimension VI Score: _____

<3 – Unfocused end of the spectrum

>8 – Focused end of the spectrum