



State Difficulties in Emotion Regulation Scale (S-DERS)

Instructions:

Please read each statement and indicate how much it applies to YOUR EMOTIONS RIGHT NOW.

		Not at all	Somewhat	Moderately	Very Much	Completely
1	I feel guilty for feeling this way	1	2	3	4	5
2	I am paying attention to how I feel	5	4	3	2	1
3	I feel out of control	1	2	3	4	5
4	I am embarrassed for feeling this way	1	2	3	4	5
5	I am feeling very bad about myself	1	2	3	4	5
6	I am acknowledging my emotions	5	4	3	2	1
7	I have no idea how I am feeling	1	2	3	4	5
8	I feel ashamed with myself for feeling this way	1	2	3	4	5
9	I am having difficulty doing the things I need to do right now	1	2	3	4	5
10	I believe that I will continue feeling this way for a long time	1	2	3	4	5
11	I care about what I am feeling	5	4	3	2	1
12	I am angry with myself for feeling this way	1	2	3	4	5
13	I am having difficulty controlling my behaviors	1	2	3	4	5
14	I am confused about how I feel	1	2	3	4	5
15	I believe that I am going to end up feeling very depressed	1	2	3	4	5
16	I am taking time to figure out what I am really feeling	5	4	3	2	1
17	My emotions feel out of control	1	2	3	4	5



		Not at all	Somewhat	Moderately	Very Much	Completely
18	I am irritated with myself for feeling this way	1	2	3	4	5
19	I believe that my feelings are valid and important	5	4	3	2	1
20	I feel like I'm a weak person for feeling this way	1	2	3	4	5
21	My emotions feel overwhelming	1	2	3	4	5

Developer Reference:

Lavender, J. M., Tull, M. T., DiLillo, D., Messman-Moore, T., & Gratz, K. L. (2015). Development and validation of a state-based measure of emotion dysregulation: The State Difficulties in Emotion Regulation Scale (S-DERS). *Assessment*, 24(2), 197-209. <https://doi.org/10.1177/1073191115601218>

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