

Anyone interested in using this measure for research and/or clinical purposes is required to contact Dr. Marlene Moretti at moretti@sfu.ca for permission to do so.

Affect Regulation Checklist – Parent Version (ARC-P) ©

Please read each statement below and circle the answer that best describes **you in close friendships or romantic relationships**.

Over the past 6 months, on average...

	Not Like Me	2	Somewhat Like Me	4	A Lot Like Me
1. I have a hard time controlling my feelings	1	2	3	4	5
2. I find that thinking about why I have different feelings helps me to learn about myself.	1	2	3	4	5
3. I try hard not to think about my feelings.	1	2	3	4	5
4. I find it very hard to calm down when upset.	1	2	3	4	5
5. I find that thinking about why I act in certain ways helps me to understand myself.	1	2	3	4	5
6. I believe it is best to keep feelings in control and not to think about them.	1	2	3	4	5
7. I find that my feelings just take over and I can't do anything about it.	1	2	3	4	5
8. I find that thinking about what's happened to me in my life helps me to understand myself.	1	2	3	4	5
9. I keep my feelings to myself.	1	2	3	4	5
10. I take a long time to get over it when I get upset.	1	2	3	4	5
11. I find that thinking about my feelings just makes everything worse.	1	2	3	4	5
12. I try to do other things to keep my mind off how I feel.	1	2	3	4	5