

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

### Affect Regulation Checklist – Parent-Report Relationship (ARC-PR) ©

**Please read each statement below and think about how you feel when interacting with your child and your relationship in the past 6 months.**

**Circle the response that, in your opinion, best describes the relationship between you and the one child you are attending the Connect group for.**

**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 about my child and our relationship.	1	2	3	4	5
2. It's very hard for me to calm down when I get upset about my child and our relationship.	1	2	3	4	5
3. My feelings about my child and our relationship just take over me and I can't do anything about it.	1	2	3	4	5
4. When I get upset about my child and our relationship, it takes a long time for me to get over it.	1	2	3	4	5
5. Thinking about why I have different feelings about my child helps me to learn about our relationship.	1	2	3	4	5
6. Thinking about why I act in certain ways toward my child helps me to understand our relationship.	1	2	3	4	5
7. The time I spend thinking about what's happened between me and my child helps me to understand our relationship.	1	2	3	4	5
8. Thinking about my feelings toward my child just makes our relationship worse.	1	2	3	4	5
9. I try hard not to think about my feelings about my child and our relationship.	1	2	3	4	5
10. It's best to keep my feelings about my child and our relationship in control and not to think about them.	1	2	3	4	5
11. I keep my feelings about my child and our relationship to myself.	1	2	3	4	5
12. I try to do other things to keep my mind off how I feel about my child and our relationship.	1	2	3	4	5