

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.

### ARC Youth Version

<i>Please read each statement below and circle the answer that best describes you in the past 6 months (circle ONE answer for each question).</i>				
<i>"Over the past 6 months, on average..."</i>	<i>Not Like Me</i>		<i>Somewhat Like Me</i>	<i>A Lot Like Me</i>
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