

The ERICA

Below are a number of statements. Please read each statement, and then **circle** the choice that seems **most true for you**.

Do not spend too much time on any one item. Remember, this is not a test. There are no right or wrong answers. We really want to know what you think.

1. I am a happy person.	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
2. When adults are friendly to me, I am friendly to them.	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
3. I handle it well when things change or I have to try something new.	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
4. When I get upset, I can get over it quickly.	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
5. <i>When things don't go my way I get upset easily.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
6. When other kids are friendly to me, I am friendly to them.	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
7. <i>I have angry outbursts.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
8. <i>I enjoy seeing others get hurt or upset.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
9. <i>I can be disruptive at the wrong times.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
10. <i>I get angry when adults tell me what I can and cannot do.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
11. I am a sad person.	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
12. <i>I have trouble waiting for something I want.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
13. <i>I am quiet and shy, and I don't show my feelings.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree

<i>14. I do things without thinking about them first.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
<i>15. When others are upset I become sad or concerned for them.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree
<i>16. I annoy others by not minding my own business.</i>	Strongly Disagree	Disagree	Half and half	Agree	Strongly Agree

Scoring Instructions

Items are scored on a Likert-type scale:
(1 = Strongly Disagree to 5 = Strongly Agree).

Items in Italics (5, 7, 8, 9, 10, 11, 12, 13, 14, and 16) are Reverse Scored.

Subscale I (Emotional Control) consists of items: 5, 7, 9, 10, 12, 14, 16.

Subscale II (Emotional Self-Awareness) consists of items: 1, 3, 4, 11, and 13.

Subscale III (Situational Responsiveness) consists of items: 2, 6, 8, and 15.