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English version:

SEK-27
Fragebogen zur standardisierten Selbsteinschätzung emotionaler Kompetenzen

Berking, M. & Znoj, H. (2011)

All information and materials about the measure can be found at:
https://www.testarchive.eu/en/test/9005957

Dear Participant,
In the following you will find some questions about how you have dealt with negative emotions in the last week. Please answer the questions spontaneously by checking the answer most appropriate for you.

Dealing with emotions: Last week ...	not at all	rarely	some-times	often	almost always
1.) ... I paid attention to my feelings.	O_0	O_1	O_2	O_3	O_4
2.) ... I could consciously bring about positive feelings.	O_0	O_1	O_2	O_3	O_4
3.) … I understood my emotional reactions.	O_0	O_1	O_2	O_3	O_4
4.) ... I felt I could cope with even intense negative feelings.	O_0	O_1	O_2	O_3	O_4
5.) ... I was able to accept my negative feelings.	O_0	O_1	O_2	O_3	O_4
6.) ... I could have labeled my feelings.	O_0	O_1	O_2	O_3	O_4
7.) ... I had a good physical perception of my feelings.	O_0	O_1	O_2	O_3	O_4
8.) ... I did what I had planned, even if it made me feel uncomfortable or anxious.	O_0	O_1	O_2	O_3	O_4
9.) ... I tried to reassure myself during distressing situations.	O_0	O_1	O_2	O_3	O_4
10.) ... I was able to influence my negative feelings.	O_0	O_1	O_2	O_3	O_4
11.) ... I knew what my feelings meant.	O_0	O_1	O_2	O_3	O_4
12.) ... I could focus on negative feelings if that was necessary.	O_0	O_1	O_2	O_3	O_4
13.) … I knew what emotions I was feeling in the moment.	O_0	O_1	O_2	O_3	O_4
14.) ... I noticed it consciously when my body reacted towards emotionally charged situations in a particular way.	O_0	O_1	O_2	O_3	O_4
15.) ... I tried to cheer myself up in emotionally distressing situations.	O_0	O_1	O_2	O_3	O_4
16.) ... I could do what I intended to do despite of my negative feelings.	O_0	O_1	O_2	O_3	O_4
17.) … I was OK with my feelings, even if they were negative.	O_0	O_1	O_2	O_3	O_4
18.) ... I was certain that I would be able to tolerate even intense negative feelings.	O_0	O_1	O_2	O_3	O_4
19.) ... I experienced my feelings consciously.	O_0	O_1	O_2	O_3	O_4
20.) ... I was aware of why I felt the way I felt.	O_0	O_1	O_2	O_3	O_4
21.) ... I knew that I was able to influence my feelings.	O_0	O_1	O_2	O_3	O_4
22.) ... I could pursue important goals, even if I was feeling uncomfortable or insecure while doing it.	O_0	O_1	O_2	O_3	O_4
23.) ... I accepted my emotions.	O_0	O_1	O_2	O_3	O_4
24.) ... my physical sensations were a good indication of how I was feeling.	O_0	O_1	O_2	O_3	O_4
25.) ... I was clear about what emotions I was experiencing.	O_0	O_1	O_2	O_3	O_4
26.) ... I felt strong enough to tolerate even negative emotions.	O_0	O_1	O_2	O_3	O_4
27.) ... I supported myself in emotional distressing situations.	O_0	O_1	O_2	O_3	O_4