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English version:

#### **SEK-27**

#### **Fragebogen zur standardisierten Selbsteinschätzung emotionaler Kompetenzen**

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

Berking, M. & Znoj, H. (2011). SEK-27. Fragebogen zur standardisierten Selbsteinschätzung emotionaler Kompetenzen [Verfahrensdokumentation, Fragebogen deutsch, englisch, dänisch, farsi, holländisch, japanisch, koreanisch, spanisch und Auswertungsanweisung deutsch und englisch]. In Leibniz-Institut für Psychologie (ZPID) (Hrsg.), Open Test Archive. Trier: ZPID.  
<https://doi.org/10.23668/psycharchives.5261>

In English:

Berking, M. & Znoj, H. (2011). SEK-27. Fragebogen zur standardisierten Selbsteinschätzung emotionaler Kompetenzen [Test description, questionnaire in German, English, Danish, Farsi, Dutch, Japanese, Korean, Spanish, scoring sheet in German and English]. In Leibniz-Institute for Psychology (ZPID) (Ed.), Open Test Archive. Trier: ZPID.  
<https://doi.org/10.23668/psycharchives.5261>

All information and materials about the measure can be found at:

**<https://www.testarchive.eu/en/test/9005957>**

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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.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
2.) ... I could consciously bring about positive feelings.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
3.) ... I understood my emotional reactions.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
4.) ... I felt I could cope with even intense negative feelings.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
5.) ... I was able to accept my negative feelings.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
6.) ... I could have labeled my feelings.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
7.) ... I had a good physical perception of my feelings.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
8.) ... I did what I had planned, even if it made me feel uncomfortable or anxious.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
9.) ... I tried to reassure myself during distressing situations.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
10.) ... I was able to influence my negative feelings.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
11.) ... I knew what my feelings meant.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
12.) ... I could focus on negative feelings if that was necessary.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
13.) ... I knew what emotions I was feeling in the moment.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
14.) ... I noticed it consciously when my body reacted towards emotionally charged situations in a particular way.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
15.) ... I tried to cheer myself up in emotionally distressing situations.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
16.) ... I could do what I intended to do despite of my negative feelings.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
17.) ... I was OK with my feelings, even if they were negative.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
18.) ... I was certain that I would be able to tolerate even intense negative feelings.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
19.) ... I experienced my feelings consciously.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
20.) ... I was aware of why I felt the way I felt.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
21.) ... I knew that I was able to influence my feelings.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
22.) ... I could pursue important goals, even if I was feeling uncomfortable or insecure while doing it.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
23.) ... I accepted my emotions.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
24.) ... my physical sensations were a good indication of how I was feeling.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
25.) ... I was clear about what emotions I was experiencing.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
26.) ... I felt strong enough to tolerate even negative emotions.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>
27.) ... I supported myself in emotional distressing situations.	<input type="radio"/> O <sub>0</sub>	<input type="radio"/> O <sub>1</sub>	<input type="radio"/> O <sub>2</sub>	<input type="radio"/> O <sub>3</sub>	<input type="radio"/> O <sub>4</sub>