



FEAR OF NEGATIVE EMOTIONS SCALE

Although we can often have negative emotions such as anxiety and anger but we can also have fears of these negative emotions. Below are a series of thoughts and feelings that people sometimes have about these emotions. Please read each statement carefully and circle the number that best describes how much each statement is true for you.

Please use the scale below.

	Not at all like me	A little bit like me	Moderately like me	Quite a bit like me	Extremely like me			
	0	1	2	3	4			
1.	I am frightened of my feelings of anxiety			0	1	2	3	4
2.	I go out of my way to avoid feeling anxious			0	1	2	3	4
3.	I am frightened my feelings of anger			0	1	2	3	4
4.	I go out of my way to avoid feeling angry			0	1	2	3	4
5.	I am frightened of my feelings of sadness			0	1	2	3	4
6.	I go out of my way to avoid feeling sad			0	1	2	3	4



SCORING

Simply sum all the items

DESCRIPTION

This newly developed scale contains six items which explore people's fear and avoidance of three negative emotions of: Anger, anxiety and sadness. For each emotion there are two questions. The first asks how frightened the person is of the feelings of an emotion. The second question asks how much they go out of their way to avoid the feelings of that same emotion (e.g. for anxiety the two questions are "I'm frightened of my feelings of anxiety" and "I go out of my way to avoid feeling anxious"). Respondents are asked to rate how characteristic each of the statements is for them on a five-point Likert scale scaling from 0 ("Not at all like me") to 4 ("Extremely like me").

REFERENCE

Gilbert, P., McEwan, K., Catarino, F., & Baião, R. (2014). Fears of negative emotions in relation to fears of happiness, compassion, alexithymia and psychopathology in a depressed population: A preliminary study. *Journal of Depression and Anxiety*, S2: 004. doi: 10.4172/2167-1044.S2-004.