

Affective Control Scale ^{1,2} ©

ID _____

Date _____

Please rate the extent of your agreement with each of the statements below by circling the appropriate number below each statement.

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

1. I am concerned that I will say things I'll regret when I get angry.

1 2 3 4 5 6 7

2. I can get too carried away when I am really happy.

1 2 3 4 5 6 7

3. Depression could really take me over, so it is important to fight off sad feelings.

1 2 3 4 5 6 7

4. If I get depressed, I am quite sure that I'll bounce right back.

1 2 3 4 5 6 7

5. I get so rattled when I am nervous that I cannot think clearly.

1 2 3 4 5 6 7

6. Being filled with joy sounds great, but I am concerned that I could lose control over my actions if I get too excited.

1 2 3 4 5 6 7

7. It scares me when I feel "shaky" (trembling).

1 2 3 4 5 6 7

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

8. I am afraid that I will hurt someone if I get really furious.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

9. I feel comfortable that I can control my level of anxiety.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

10. Having an orgasm is scary for me because I am afraid of losing control.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

11. If people were to find out how angry I sometimes feel, the consequences might be pretty bad.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

12. When I feel good, I let myself go and enjoy it to the fullest.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

13. I am afraid that I could go into a depression that would wipe me out.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

14. When I feel really happy, I go overboard, so I don't like getting overly ecstatic.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

15. When I get nervous, I think that I am going to go crazy.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

16. I feel very comfortable in expressing angry feelings.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

17. I am able to prevent myself from becoming overly anxious.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

18. No matter how happy I become, I keep my feet firmly on the ground.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

19. I am afraid that I might try to hurt myself if I get too depressed.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

20. It scares me when I am nervous.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

21. Being nervous isn't pleasant, but I can handle it.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

22. I love feeling excited -- it is a great feeling.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

23. I worry about losing self-control when I am on cloud nine.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

24. There is nothing I can do to stop anxiety once it has started.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

25. When I start feeling "down," I think I might let the sadness go too far.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

26. Once I get nervous, I think that my anxiety might get out of hand.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

27. Being depressed is not so bad because I know it will soon pass.

1 2 3 4 5 6 7

28. I would be embarrassed to death if I lost my temper in front of other people.

1 2 3 4 5 6 7

29. When I get "the blues," I worry that they will pull me down too far.

1 2 3 4 5 6 7

30. When I get angry, I don't particularly worry about losing my temper.

1 2 3 4 5 6 7

31. Whether I am happy or not, my self-control stays about the same.

1 2 3 4 5 6 7

32. When I get really excited about something, I worry that my enthusiasm will get out of hand.

1 2 3 4 5 6 7

33. When I get nervous, I feel as if I am going to scream.

1 2 3 4 5 6 7

34. I get nervous about being angry because I am afraid I will go too far, and I'll regret it later.

1 2 3 4 5 6 7

35. I am afraid that I will babble or talk funny when I am nervous.

1 2 3 4 5 6 7

1	2	3	4	5	6	7
very strongly disagree	strongly disagree	disagree	neutral	agree	strongly agree	very strongly agree

36. Getting really ecstatic about something is a problem for me because sometimes being too happy clouds my judgment.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

37. Depression is scary to me -- I am afraid that I could get depressed and never recover.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

38. I don't really mind feeling nervous; I know it's just a passing thing.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

39. I am afraid that letting myself feel really angry about something could lead me into an unending rage.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

40. When I get nervous, I am afraid that I will act foolish.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

41. I am afraid that I'll do something dumb if I get carried away with happiness.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

42. I think my judgment suffers when I get really happy.

1	2	3	4	5	6	7
---	---	---	---	---	---	---

1. The following items are adapted from the Agoraphobic Cognitions Questionnaire (Chambless et al., 1984): 15, 33, 35, 40.

2. The following items are taken from the Reiss-Epstein-Gursky Anxiety Sensitivity Index: 7 and 20.

© K. Elaine Williams, 1992.