EMOTIONAL EXPRESSIVITY SCALE

DIRECTIONS: The following statements deal with you and your emotions. Please select a number from the following scale that best describes YOU in each of the statements and place the number in the blank provided.

<table>
<thead>
<tr>
<th>Never True</th>
<th>Rarely True</th>
<th>Occasionally True</th>
<th>Usually True</th>
<th>Almost Always True</th>
<th>Always True</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
</tbody>
</table>

1. ___ I don't express my emotions to other people.
2. ___ Even when I'm experiencing strong feelings, I don't express them outwardly.
3. ___ Other people believe me to be very emotional.
4. ___ People can "read" my emotions.
5. ___ I keep my feelings to myself.
6. ___ Other people aren't easily able to observe what I'm feeling.
7. ___ I display my emotions to other people.
8. ___ People think of me as an unemotional person.
9. ___ I don't like to let other people see how I am feeling.
10. ___ I can't hide the way I am feeling.
11. ___ I am not very emotionally expressive.
12. ___ I am often considered indifferent by others.
13. ___ I am able to cry in front of other people.
14. ___ Even if I am feeling very emotional, I don't let others see my feelings.
15. ___ I think of myself as emotionally expressive.
16. ___ The way I feel is different from how others think I feel.
17. ___ I hold my feelings in.
DIRECTIONS: The following statements deal with you and your emotions. Please select a number from the following scale that best describes YOU in each of the statements and place the number in the blank provided.

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1. ____ I don't express my emotions to other people. (-)
2. ____ Even when I'm experiencing strong feelings, I don't express them outwardly. (-)
3. ___ Other people believe me to be very emotional.
4. ___ People can "read" my emotions.
5. ___ I keep my feelings to myself. (-)
6. ___ Other people aren't easily able to observe what I'm feeling. (-)
7. ___ I display my emotions to other people.
8. ___ People think of me as an unemotional person. (-)
9. ___ I don't like to let other people see how I am feeling. (-)
10. ___ I can't hide the way I am feeling.
11. ___ I am not very emotionally expressive. (-)
12. ___ I am often considered indifferent by others. (-)
13. ___ I am able to cry in front of other people.
14. ___ Even if I am feeling very emotional, I don't let others see my feelings. (-)
15. ___ I think of myself as emotionally expressive.
16. ___ The way I feel is different from how others think I feel. (-)
17. ___ I hold my feelings in. (-)

SPSS code to score the EES:

```
COMMENT Emotional Expressivity Scale

RECODE EES1 EES2 EES6 EES8 EES9 EES11 EES12 EES14 EES16 EES17
  (1=6) (2=5) (3=4) (4=3) (5=2) (6=1)
COMPUTE EESTOT = SUM.17(EES1 TO EES17)
```