Reference

Dixon-Gordon, K. L., Haliczer, L. A., Conkey, L. C., & Whalen, D. J. (2018). Difficulties in interpersonal emotion regulation: Initial development and validation of a self-report measure. *Journal of Psychopathology and Behavioral Assessment, 40*(3), 528–549. https://doi.org/10.1007/s10862-018-9647-9

DIRE

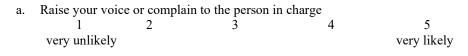
A series of scenarios are presented below. First please tell us how you would respond to each scenario. Then, please indicate on a scale from 1(very unlikely) to 5 (very likely) the likelihood that you would respond in each of the ways listed. Please provide an answer to each response.

1) You are feeling upset by a project you need to complete for school or work.	The deadline is tomorrow and
you're worried that there is no way that you will be able to get all the work find	ished.

Α	In	this	situation,	von	would	feel:
л.	ш	ums	situation,	you	would	ICCI.

0	50		100
Not at all distressed		Extremely	y distressed

B. In order to feel better, how likely is it that you would:



c.	Complain to yo	ur coworkers	or classmates	about how it is ur	nfair the situation is
	1	2	3	4	5
	very unlikely				very likely

d.	Simply notice	e your feelings			
	1	2	3	4	5
	very unlikely	1			very likely

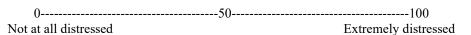
e.	Avoid feeling	Avoid feeling or showing your distress							
	1	2	3	4	5				
	verv unlikely	V			verv likely				

f.	Keep contacting	(texting	, calling, etc.) friends and loved	ones
	1	2	3 4	5
	very unlikely			very likely

g.	Keep asking for	or reassuranc	e		
_	1	2	3	4	5
	very unlikely				very likely

2) You and your significant other have been fighting a lot. You really care about the relationship want things to work out. You've just had another fight.

A. In this situation, you would feel:



B. In order to feel better, how likely is it that you would:

a. Raise your voice or criticize your significant other to express how you feel

		1 very unlikely	2	3	4	5 very likely
	b.	Distract yourself 1 very unlikely	from how you a 2	re feeling 3	4	5 very likely
	c.	Complain to friently very unlikely	nds or acquaintai 2	nces about your si	gnificant oth	er 5 very likely
	d.	Simply notice you 1 very unlikely	ur feelings 2	3	4	5 very likely
	e.	Avoid feeling or s	showing your di 2	stress 3	4	5 very likely
	f.	Keep contacting (1 very unlikely	texting, calling,	etc.) friends and 3	oved ones	5 very likely
	g.	Keep asking for r 1 very unlikely	eassurance 2	3	4	5 very likely
3) You feel like your friends have been avoiding you. Every time you call one of them, they are busy. You want to have a social life and be liked. One day you hear that a bunch of your friends went out to dinner without you.						
want to hav without you	e a s					
want to hav without you	e a s	n, you would feel:	ked. One day y		nch of your	friends went out to dinner
want to hav without you A. In this sit	ve a so	n, you would feel: 0 Not at all distressed	ked. One day y	ou hear that a bu	nch of your	friends went out to dinner
want to hav without you A. In this sit	re a solution	n, you would feel: 0 Not at all distressed 1 better, how likely	is it that you we	ou hear that a bu	nch of your	friends went out to dinner100 tremely distressed
want to hav without you A. In this sit	ve a so	n, you would feel: 0 Not at all distressed	is it that you we	ou hear that a bu	nch of your	friends went out to dinner100 tremely distressed
want to hav without you A. In this sit	re a solution	n, you would feel: 0 Not at all distressed 1 better, how likely Raise your voice of	is it that you we or criticize your 2	ou hear that a bu	nch of your	friends went out to dinner 100 tremely distressed
want to hav without you A. In this sit	re a so i. Tuatio Propose fee a.	n, you would feel: 0 Not at all distressed 1 better, how likely Raise your voice of the control of th	is it that you we or criticize your 2	ou hear that a bu	how you fee	friends went out to dinner 100 tremely distressed 5 very likely
want to hav without you A. In this sit	nuatio	n, you would feel: 0 Not at all distressed 1 better, how likely Raise your voice of 1 very unlikely Distract yourself for 1 very unlikely Complain to mutter	is it that you we or criticize your 2 From how you ar 2 ual acquaintance 2	ou hear that a bu	how you fee	friends went out to dinner 100 tremely distressed 5 very likely 5 very likely

	1	2	3	4	5
	very unlikely				very likely
f.	Keep contacting	(texting, c	alling, etc.) friend	s and loved ones	
	1	2	3	4	5
	very unlikely				very likely
g.	Keep asking for	reassuranc	e		
	1	2	3	4	5
	very unlikely				very likely

DIRE Scoring

The DIRE yields 2 intrapersonal emotion regulation scales (Accept, Avoid) and 2 interpersonal emotion regulation scales (Venting, Reassurance-seeking). Please see below for scoring.

DIRE Accept

1d), 2d), 3d)

DIRE Avoid

1b), 1e), 2b), 2e), 3b), 3e)

DIRE Venting

1a), 1c), 2a), 2c), 3a), 3c)

DIRE Reassurance-seeking

1f), 1g), 2f), 2g), 3f), 3g)