Self-Efficacy for Managing Emotions

Please respond to each question or statement by marking one box per row.

	CURRENT level of confidence…	I am not at all confident	I am a little confident	I am somewhat confident	I am quite confident	I am very confident
SEMEM001	I can keep anxiety from becoming overwhelming.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM002	I can use relaxation to deal with worries...	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM003	I can relax my body to reduce my anxiety .	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM004	I can manage anxiety about injuring myself or others (for example: falling, dropping a child, a driving accident).....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM005	I can focus on something else to decrease anxiety	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM006	I can prevent my illness from making me feel discouraged.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM007	I can avoid feeling helpless	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM008	When I'm feeling down, I can find ways to make myself feel better	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM009	I can manage my frustration.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM010	I can bounce back from disappointment	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM011	I can avoid becoming angry	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM012	I can avoid feeling discouraged.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM013	I can hear about symptoms and side effects without getting discouraged.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM014	I can avoid upsetting thoughts.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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	CURRENT level of confidence…	**I am not at all confident**	**I am a little confident**	**I am somewhat confident**	**I am quite confident**	**I am very confident**
SEMEM015	I can handle negative feelings.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM016	I can handle upsetting situations	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM017	I can keep emotional distress from interfering with things I want to do.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM018	I can find ways to manage stress.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM019	I can handle the stress of going for treatment of my medical conditions.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM021	I can manage the loss of my ability to do things that are important to me (for example: parenting, work, hobbies, attend school)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM022	I can manage my anxiety about telling others I have health problems.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM023	I can manage my anger when others make insensitive comments about my health problems	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM024	I can manage my anger when others don't understand what I am going through.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM025	I can stay positive when I feel like I am the only one going through this.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMEM026	I can use a strategy (for example: humor, leaving a situation) to keep from getting upset	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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