

Anyone interested in using this measure for research and/or clinical purposes is required to contact Dr. Marlene Moretti at moretti@sfu.ca for permission to do so.

ARC-P

<i>Please read each statement below and circle the answer that best describes <u>you</u>.</i>					
<i>"Over the past 6 months, on average..."</i>	<i>Not Like Me</i>		<i>Somewhat Like Me</i>		<i>A Lot Like Me</i>
1. I have a hard time controlling my feelings.	1	2	3	4	5
2. I find that thinking about why I have different feelings helps me to learn about myself.	1	2	3	4	5
3. I try hard not to think about my feelings.	1	2	3	4	5
4. I find it very hard to calm down when upset.	1	2	3	4	5
5. I find that thinking about why I act in certain ways helps me to understand myself.	1	2	3	4	5
6. I believe it is best to keep feelings in control and not to think about them.	1	2	3	4	5
7. I find that my feelings just take over and I can't do anything about it.	1	2	3	4	5
8. I find that thinking about what's happened to me in my life helps me to understand myself.	1	2	3	4	5
9. I keep my feelings to myself.	1	2	3	4	5
10. I take a long time to get over it when I get upset.	1	2	3	4	5
11. I find that thinking about my feelings just makes everything worse.	1	2	3	4	5
12. I try to do other things to keep my mind off how I feel.	1	2	3	4	5

ARC-Y

<i>Please read each statement below and circle the answer that best describes <u>your child</u>, in your opinion.</i>					
<i>"Over the past 6 months, on average..."</i>	<i>Not Like</i>	<i>Somewhat Like</i>	<i>A Lot Like</i>		
	<i>My Child</i>	<i>My Child</i>	<i>My Child</i>		
1. My child has a hard time controlling his/her feelings.	1	2	3	4	5
2. My child finds that thinking about why he/she has different feelings helps him/her to learn about him/herself.	1	2	3	4	5
3. My child tries hard not to think about his/her feelings.	1	2	3	4	5
4. My child finds it very hard to calm down when upset.	1	2	3	4	5
5. My child finds that thinking about why he/she acts in certain ways helps him/her to understand him/herself.	1	2	3	4	5
6. My child believes it is best to keep feelings in control and not to think about them.	1	2	3	4	5
7. My child finds that his/her feelings just take over and he/she can't do anything about it.	1	2	3	4	5
8. My child finds that thinking about what's happened to him/her in his/her life helps him/her to understand him/herself.	1	2	3	4	5
9. My child keeps his/her feelings to him/herself.	1	2	3	4	5
10. My child takes a long time to get over it when he/she gets upset.	1	2	3	4	5
11. My child finds that thinking about his/her feelings just makes everything worse.	1	2	3	4	5
12. My child tries to do other things to keep his/her mind off how he/she feels.	1	2	3	4	5

ARC-R

Please read each statement below and think about how you feel when interacting with your child and your relationship in the past 6 months. Circle one answer that best describes the relationship, in your opinion.

<i>“Over the past 6 months, on average...”</i>	<i>Not Like Me</i>	<i>Somewhat Like Me</i>	<i>A Lot Like Me</i>		
1. I have a hard time controlling my feelings about my child and our relationship.	1	2	3	4	5
2. It's very hard for me to calm down when I get upset about my child and our relationship.	1	2	3	4	5
3. My feelings about my child and our relationship just take over me and I can't do anything about it.	1	2	3	4	5
4. When I get upset about my child and our relationship, it takes a long time for me to get over it.	1	2	3	4	5
5. Thinking about why I have different feelings about my child helps me to learn about our relationship.	1	2	3	4	5
6. Thinking about why I act in certain ways toward my child helps me to understand our relationship.	1	2	3	4	5
7. The time I spend thinking about what's happened between me and my child helps me to understand our relationship.	1	2	3	4	5
8. Thinking about my feelings toward my child just makes our relationship worse.	1	2	3	4	5
9. I try hard not to think about my feelings about my child and our relationship.	1	2	3	4	5
10. It's best to keep my feelings about my child and our relationship in control and not to think about them.	1	2	3	4	5
11. I keep my feelings about my child and our relationship to myself.	1	2	3	4	5
12. I try to do other things to keep my mind off how I feel about my child and our relationship.	1	2	3	4	5

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