

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 finished.

A. In this situation, you would feel:

0-----50-----100
Not at all distressed Extremely distressed

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

- a. Raise your voice or complain to the person in charge
1 2 3 4 5
very unlikely very likely
- b. Distract yourself from how you are feeling
1 2 3 4 5
very unlikely very likely
- c. Complain to your coworkers or classmates about how it is unfair the situation is
1 2 3 4 5
very unlikely very likely
- d. Simply notice your feelings
1 2 3 4 5
very unlikely very likely
- e. Avoid feeling or showing your distress
1 2 3 4 5
very unlikely very likely
- f. Keep contacting (texting, calling, etc.) friends and loved ones
1 2 3 4 5
very unlikely very likely
- g. Keep asking for reassurance
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:

0-----50-----100
Not at all distressed Extremely distressed

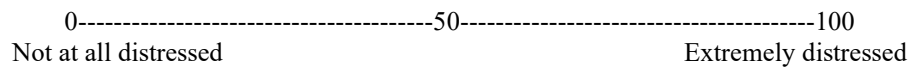
B. In order to feel better, how likely is it that you would:

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

- | | | | | | |
|----|---|---|---|---|-------------|
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| b. | Distract yourself from how you are feeling | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| c. | Complain to friends or acquaintances about your significant other | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| d. | Simply notice your feelings | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| e. | Avoid feeling or showing your distress | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| f. | Keep contacting (texting, calling, etc.) friends and loved ones | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| g. | Keep asking for reassurance | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | 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.

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 friends to express how you feel | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| b. | Distract yourself from how you are feeling | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| c. | Complain to mutual acquaintances about your friends | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| d. | Simply notice your feelings | | | | |
| | 1 | 2 | 3 | 4 | 5 |
| | very unlikely | | | | very likely |
| e. | Avoid feeling or showing your distress | | | | |

1 2 3 4 5
very unlikely very likely

f. Keep contacting (texting, calling, etc.) friends and loved ones

1 2 3 4 5
very unlikely very likely

g. Keep asking for reassurance

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)