

Display Rule Assessment Inventory

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Instructions

We are studying how people express their emotions in different situations.

On each page is a description of a situation where you are interacting with someone and feel certain emotions toward that person. **Please think of a specific person in your life for each of the situations and tell us what you think you should do by selecting one of the seven possible responses that are listed on top of the page.** If you want to choose a response not listed, select "OTHER" and write in what you think you should do. If you don't have such a person in your life indicated in the situations, please first make your best guess on what you think you should do. If you find that it is too difficult to do so, please check 'not applicable'.

Treat each emotion and each situation separately. Do not consider them occurring in any particular order or to be connected with each other in any way. There are no right or wrong answers, nor any patterns to the answers. Don't worry about how you have responded to a previous item or how you will respond to an item in the future. Just select a unique response for each emotion and situation on its merit. Don't obsess over any one situation and emotion. If you have difficulty selecting an answer, make your best guess; oftentimes your first impression is best. For a definition of each emotion, please refer to page 2.

Example :

Possible Responses :

- A - Show more than you feel it
- B - Express it as you feel it
- C - Show less than you feel it
- D - Show it but with another expression
- E - Hide your feelings by showing nothing
- F - Hide your feelings by showing something else
- Other - None of the above (please specify)

What do you **believe you SHOULD** do if you are with:
Your close friend

A. At **home by yourselves** and you feel the following emotion toward him/her

Anger A
Contempt A

For this question, you should think of a situation in which you are with your close friend at home and you feel anger towards him or her and then choose how you should express your anger using the response choices listed on the top of the page. **You should do the same for each of the emotions listed.**

Page 2- List of Seven Emotions and their Definitions

ANGER: A feeling of displeasure resulting from injury, mistreatment, opposition, and usually showing itself in a desire to fight back at the supposed cause of this feeling.

Example: The person is waiting in line at the post office for a very long time. The person finally reaches the window, when the clerk announces that there is only time for one more customer. The person is then pushed aside when someone cuts in front to take the person's turn.

CONTEMPT: A feeling or attitude of one who looks down on somebody or something as being low, mean, or unworthy.

Example: The person hears an acquaintance bragging about accomplishing something for which the acquaintance was not responsible.

DISGUST: A sickening distaste, or dislike.

Example: The person steps in dog feces, reaches down to wipe it off, and feces get on the person's hand.

FEAR: A feeling of anxiety and agitation caused by the presence or nearness of danger, evil, or pain.

Example: The person has realized that the brakes don't work while driving down a steep hill. The car approaches the end of the road, which is a cliff with no barrier. The person tries to brake and veers out of control.

HAPPINESS: Having a feeling of great pleasure, contentment, joy.

Example: The person sees many close friends at a party.

SADNESS: Having low spirits or sorrow.

Example: The person remembers the time last year when a young child died of a terminal illness.

SURPRISE: To come upon suddenly, or unexpectedly.

Example: The person is looking at something new and unexpected.

- Possible Responses :**
- A** - Show more than you feel it
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 - E** - Hide your feelings by showing nothing
 - F** - Hide your feelings by showing something else
 - Other** - None of the above (please specify)

1. What do you **believe you SHOULD** do if you are:
Alone

<p>A. At <i>home by yourself</i> and you feel the following emotions <i>toward yourself</i></p>	<p>B. At a <i>restaurant by yourself</i> in plain view within earshot of others, and you feel the following emotions <i>toward yourself</i></p>
(1) Anger _____	(1) Anger _____
(2) Contempt _____	(2) Contempt _____
(3) Disgust _____	(3) Disgust _____
(4) Fear _____	(4) Fear _____
(5) Happiness _____	(5) Happiness _____
(6) Sadness _____	(6) Sadness _____
(7) Surprise _____	(7) Surprise _____
* Check here if you cannot answer this question. _____	* Check here if you cannot answer this question. _____

2. What do you **believe you SHOULD** do if you are interacting with
Your parent

<p>A. At <i>home by yourselves</i> and you feel the following emotions <i>toward him/her</i></p>	<p>B. At a <i>restaurant</i> in plain view within earshot of others, and you feel the following emotions <i>toward him/her</i></p>
(1) Anger _____	(1) Anger _____
(2) Contempt _____	(2) Contempt _____
(3) Disgust _____	(3) Disgust _____
(4) Fear _____	(4) Fear _____
(5) Happiness _____	(5) Happiness _____
(6) Sadness _____	(6) Sadness _____
(7) Surprise _____	(7) Surprise _____
* Check here if you cannot answer this question. _____	* Check here if you cannot answer this question. _____

Possible Responses :

- A** - Show more than you feel it
- B** - Express it as you feel it
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- D** - Show it but with another expression
- E** - Hide your feelings by showing nothing
- F** - Hide your feelings by showing something else
- Other** - None of the above (please specify)

3. What do you **believe you SHOULD** do if you are interacting with
Your older sibling

A. At *home by yourselves* and you feel the following emotions *toward him/her*

(1) Anger _____

(2) Contempt _____

(3) Disgust _____

(4) Fear _____

(5) Happiness _____

(6) Sadness _____

(7) Surprise _____

* Check here if you cannot _____
answer this question.

B. At a *restaurant* in plain view within earshot of others, and you feel the following emotions *toward him/her*

(1) Anger _____

(2) Contempt _____

(3) Disgust _____

(4) Fear _____

(5) Happiness _____

(6) Sadness _____

(7) Surprise _____

* Check here if you cannot _____
answer this question.

4. What do you **believe you SHOULD** do if you are interacting with
A close friend

A. At *home by yourselves* and you feel the following emotions *toward him/her*

(1) Anger _____

(2) Contempt _____

(3) Disgust _____

(4) Fear _____

(5) Happiness _____

(6) Sadness _____

(7) Surprise _____

* Check here if you cannot _____
answer this question.

B. At a *restaurant* in plain view within earshot of others, and you feel the following emotions *toward him/her*

(1) Anger _____

(2) Contempt _____

(3) Disgust _____

(4) Fear _____

(5) Happiness _____

(6) Sadness _____

(7) Surprise _____

* Check here if you cannot _____
answer this question.

Possible Responses :

- A** - Show more than you feel it
- B** - Express it as you feel it
- C** - Show less than you feel it
- D** - Show it but with another expression
- E** - Hide your feelings by showing nothing
- F** - Hide your feelings by showing something else
- Other** - None of the above (please specify)

5. What do you **believe you SHOULD** do if you are interacting with
An acquaintance (*acquaintance refers to someone you see periodically but don't
consider a friend nor is a classmate*)

<p>A. At <i>home by yourselves</i> and you feel the following emotions <i>toward him/her</i></p>	<p>B. At a <i>restaurant</i> in plain view within earshot of others, and you feel the following emotions <i>toward him/her</i></p>
(1) Anger _____	(1) Anger _____
(2) Contempt _____	(2) Contempt _____
(3) Disgust _____	(3) Disgust _____
(4) Fear _____	(4) Fear _____
(5) Happiness _____	(5) Happiness _____
(6) Sadness _____	(6) Sadness _____
(7) Surprise _____	(7) Surprise _____
* Check here if you cannot _____ <i>answer this question.</i>	* Check here if you cannot _____ <i>answer this question.</i>

6. What do you **believe you SHOULD** do if you are interacting with
A teacher/professor in his/her 50s or 60s

<p>A. At <i>his/her office in a private meeting by yourselves</i> and you feel the following emotions <i>toward him/her</i></p>	<p>B. At <i>university cafeteria</i> in plain view within earshot of others, and you feel the following emotions <i>toward him/her</i></p>
(1) Anger _____	(1) Anger _____
(2) Contempt _____	(2) Contempt _____
(3) Disgust _____	(3) Disgust _____
(4) Fear _____	(4) Fear _____
(5) Happiness _____	(5) Happiness _____
(6) Sadness _____	(6) Sadness _____
(7) Surprise _____	(7) Surprise _____
* Check here if you cannot _____ <i>answer this question.</i>	* Check here if you cannot _____ <i>answer this question.</i>

Please tell us about your relationships with the individuals you thought about while you were answering the questions above.

1. Parent	Please indicate gender of parent: _____
(1) How often do you interact with your parent?	_____ days a month
(2) How close are you to your parent?	0-----1-----2-----3-----4 not at all very much
(3) How well do you know your parent?	0-----1-----2-----3-----4 not at all very much
(4) How committed are you to meeting and spending time with your parent in the future?	0-----1-----2-----3-----4 not at all very likely
(5) Check here if you cannot answer these questions because they don't apply to you.	_____

2. Older Sibling	Please indicate gender of older sibling: _____
(1) How often do you interact with your older sibling?	_____ days a month
(2) How close are you to your older sibling?	0-----1-----2-----3-----4 not at all very much
(3) How well do you know your older sibling?	0-----1-----2-----3-----4 not at all very much
(4) How committed are you to meeting and spending time with your older sibling in the future?	0-----1-----2-----3-----4 not at all very likely
(5) Check here if you cannot answer these questions because they don't apply to you.	_____

3. Close friend	Please indicate gender of close friend: _____
(1) How long have you known him/her? (e.g. 8 weeks or 5 months or 2 1/2 years)	_____
(2) How often do you interact with him/her?	_____ days a month
(3) How close are you to him/her?	0-----1-----2-----3-----4 not at all very much
(4) How well do you know him/her?	0-----1-----2-----3-----4 not at all very much
(5) How committed are you to meeting and spending time with him/her in the future?	0-----1-----2-----3-----4 not at all very likely
(6) Check here if you cannot answer these questions because they don't apply to you.	_____

4. Acquaintance	Please indicate gender of acquaintance: _____
(1) How long have you known him/her? (e.g. 8 weeks or 5 months or 2 1/2 years)	_____
(2) How often do you interact with him/her?	_____ days a month
(3) How close are you to him/her?	0-----1-----2-----3-----4 not at all very much
(4) How well do you know him/her?	0-----1-----2-----3-----4 not at all very much
(5) How committed are you to meeting and spending time with him/her in the future?	0-----1-----2-----3-----4 not at all very likely
(6) Check here if you cannot answer these questions because they don't apply to you.	_____

5. Teacher/professor in his/her 50s or 60s

Please indicate gender of teacher/professor: _____

(1) How long have you known him/her?

(e.g. 8 weeks or 5 months or 2 1/2 years)

(2) How often do you interact with him/her?

_____ days a month

(3) How close are you to him/her?

0-----1-----2-----3-----4
not at all very much

(4) How well do you know him/her?

0-----1-----2-----3-----4
not at all very much

(5) How committed are you to meeting and spending time with him/her in the future?

0-----1-----2-----3-----4
not at all very likely

(6) Check here if you cannot answer these questions because they don't apply to you.

Personal Information

Please provide us the following information about yourself :

1. Gender : Female ____ Male ____

2. Age : ____

3. Marital status (please check one) :

Single ____ Married ____ Divorced ____

Widowed ____ Other (please specify) ____

4. Household situation (living with) :

Friends ____ Family ____ Roommate ____

Significant Other ____ Alone ____ Other (please specify) ____

5. Race/Ethnicity (check as many general categories that apply & specify on all if possible) :

____ African _____

____ Asian _____

____ Caucasian _____

____ Hispanic/Latino _____

____ Indian (India) _____

____ Middle Eastern _____

____ Native American _____

____ South American _____

____ Other _____

6a. Religious or spiritual background : (specify) _____

6b. Current religion : _____

7. Place of birth (city & country) and number of years lived in that city/country

8. Place primarily raised (city & country) and number of years lived in that city/country

9a. Enter your native language : _____

9b. List other languages you are proficient in :

10. How would you characterize the economic level of the household in which you grew up? :

Low income ____ Low middle income ____ Middle income ____

High middle income ____ High income ____

11a. If you are a student and also work for an income, please check here _____ and indicate your occupation (please specify):

11b. If you are not a student, please check here _____ and indicate your occupation (please specify):

11c. Number of hours you work per week for income : _____

12. Check your annual income :

less than \$10, 000 _____

\$10 - \$20,000 _____

\$50 - \$75,000 _____

\$ 20 - \$30,000 _____

\$75 -\$100, 000 _____

\$ 30 - \$50,000 _____

over \$100, 000 _____

13. List what sources of income you used in answering question 12 (e.g. family, financial aid, self, etc) : _____

14. Are you currently a student? : _____

15. What is your major? _____

16. What is your class level? (please check one)

Freshman _____

Sophomore _____

Junior _____

Senior _____

Graduate (Master's level) _____

Graduate (Ph.D. level) _____

17. List degrees attained : _____

18a. Have you traveled/or lived outside of your home country?

Yes _____ No _____

18b. If YES, please list the country and the amount of time you spent in that country.

Name of country

Time spent

_____ years _____ months _____ weeks

_____ years _____ months _____ weeks

_____ years _____ months _____ weeks

This is the end of the questionnaire. Thank you very much for your help!