

Mentalized Affectivity Scale (MAS)

Here are a number of statements about emotions that may or may not apply to you. Please indicate the extent to which you agree or disagree with each statement, using the scale below.

| Disagree strongly | Disagree moderately | Disagree a little | Neither agree nor disagree | Agree a little | Agree moderately | Agree strongly |
|----------------------|------------------------|----------------------|-------------------------------------|-------------------|---------------------|-------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

1. _____ I often think about how the emotions that I feel stem from earlier life experiences (e.g., family dynamics during childhood).
2. _____ I can express my emotions clearly to others.
3. _____ I am good at understanding other people's complex emotions.
4. _____ I use tools I have learned to help when I am in difficult emotional situations.
5. _____ I can see how prior relationships influence my current emotions.
6. _____ I can still think rationally even if my emotions are complex.
7. _____ I am able to wait to act on my emotions.
8. _____ I put effort into managing my emotions.
9. _____ It is hard for me to talk about my complex emotions.
10. _____ When I am filled with a negative emotion, I know how to handle it.
11. _____ I often know the reasons why I feel the emotions I do.
12. _____ Understanding my emotional experience is an ongoing process.
13. _____ I am often confused about the emotions that I feel.
14. _____ I am able to adjust my emotions to be more precise.
15. _____ It is hard for me to manage my emotions.
16. _____ Knowing about my childhood experiences helps to put my present emotions within a larger context.
17. _____ It is easy for me to notice when I am feeling different emotions at the same time.
18. _____ I often think about my past experiences to help me understand emotions that I feel in the present.
19. _____ I am able to keep my emotions to myself if the timing to express them isn't right.
20. _____ I often keep my emotions inside.

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21. _____ I can easily label “basic emotions” (fear, anger, sadness, joy, and surprise) that I feel.
22. _____ I am good at increasing emotions that I want to feel more.
23. _____ I am good at controlling my emotions.
24. _____ When I express my emotions to others, it is usually jumbled.
25. _____ When I am filled with a positive emotion, I know how to keep the feeling going.
26. _____ I am good at controlling emotions that I do not want to feel.
27. _____ I am quick to act on my emotions.
28. _____ It helps me to know the reasons behind why I feel the way that I do.
29. _____ I am aware of recurrent patterns to my emotions.
30. _____ People tell me I am good at expressing my emotions.
31. _____ If I feel something, I prefer not to discuss it with others.
32. _____ It takes me a while to know how I am really feeling.
33. _____ I try to understand the complexity of my emotions.
34. _____ It is important for me to acknowledge my own true feelings.
35. _____ I often figure out where my emotions stem from.
36. _____ If I feel something, I would rather not convey it to others.
37. _____ I often look back at my life history to help inform my current emotional state and situation.
38. _____ I am open to what others say about me to help me know what I am feeling.
39. _____ People get confused when I try to express my emotions.
40. _____ Sometimes it is good to keep my emotions to myself.
41. _____ I am good at distinguishing between different emotions that I feel.
42. _____ I am curious about identifying my emotions.
43. _____ If a feeling makes me feel uncomfortable, I can easily get rid of it.
44. _____ I often know what I feel but choose not to reveal it outwardly.
45. _____ If I feel something, it often comes pouring out of me.
46. _____ I try to put effort into identifying my emotions.
47. _____ I can pinpoint childhood experiences that influence the way that I often think and feel.
48. _____ If I feel something, I will convey it to others.
49. _____ Thinking about other people’s emotional experiences helps me to think about my own.
50. _____ I can see how prior relationships influence the relationships that I have now.
51. _____ It is helpful to think about how my emotions stem from family dynamics.
52. _____ I am open to other people’s view of me because it helps me to better understand myself.

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53. _____ I rarely think about the reasons behind why I am feeling a certain way.
54. _____ It's important to understand the major life events that have had an impact on my behavior.
55. _____ I am not aware of the emotions I'm feeling when in conversation.
56. _____ I am more comfortable "talking around" emotions I am feeling, rather than talking about them directly
57. _____ I am good at identifying my emotions.
58. _____ I can quickly identify my emotions without having to think too much about it.
59. _____ I am able to understand my emotions within the context of my surroundings.
60. _____ I can tell if I am feeling a combination of emotions at the same time.
61. _____ I am interested in learning about why I feel certain emotions more frequently than others.