

How Emotionally Expressive are You? (The Emotional Expressivity Scale, EES)

Instructions

Individuals vary in the extent to which they display outward expressions of emotion. This 17-item measure of emotional expressivity assesses how emotionally expressive you are of emotions (pleasant, or unpleasant) – be it whether you express them via facial expressions, vocalizations, or gestures. A list of statements are provided below. Do these truly reflect you?

	Never true	Untrue	Somewhat Untrue	Somewhat True	True	Always true
1. I think of myself as emotionally expressive.						
2. People think of me as an unemotional person.						
3. I keep my feelings to myself.						
4. I am often considered indifferent by others.						
5. People can read my emotions.						
6. I display my emotions to other people.						
7. I don't like to let other people see how I'm feeling.						
8. I am able to cry in front of other people.						
9. Even if I am feeling very emotional, I don't let others see my feelings.						
10. Other people aren't easily able to observe what I'm feeling.						
11. I am not very emotionally expressive.						
12. Even when I'm experiencing strong feelings, I don't express them outwardly.						
13. I can't hide the way I am feeling.						
14. Other people believe me to be very emotional.						
15. I don't express my emotions to other people.						
16. The way I feel is different from how others think I feel.						
17. I hold my feelings in.						

Scoring

Never true = 1, Untrue = 2, Somewhat untrue = 3, Somewhat true = 4, True = 5, Always true = 7

Reverse Scoring

Items 2, 3, 4, 7, 9, 10, 11, 12 15, 16 and 17 are reverse-scored

Interpretation

The average score on this emotional expressivity scale is 64.67 from a sample of 373 undergraduate students. Females generally tend to score higher in terms of emotional expressivity than men.

Reference

Kring, A. M., Smith, D. A., & Neale, J. M. (1994). Individual differences in dispositional expressiveness: development and validation of the Emotional Expressivity Scale. *Journal of Personality and Social Psychology*, 66(5), 934-949.