

Display Rule Assessment Inventory (DRAI):  
Norms for Emotion Displays in Four Social Settings

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Intercultural and Emotion Research Laboratory  
Department of Psychology  
San Francisco State University

Instructions

We are studying the rules that govern the display of emotions in social situations. We would like you to tell us how you think people in general should behave, and what you yourself actually do, when having different feelings in four different social situations, which we describe in more detail below.

On page 2 you will find definitions of the four social groups in relation to which you will make your judgments. Please take a look at page 2 now, and familiarize yourself thoroughly with our definitions of these groups.

\*\*\*\*\*  
Please Look at Page -2- Now  
\*\*\*\*\*

We know that your responses can differ within each of these groups, depending on exactly with whom you may be interacting. Also, your responses may differ according to where you may be, or the context in which you are interacting (e.g., at work, at home, in a public place, on a bus, etc.). Try not to be too concerned with specific individuals within the four groups, nor with specific contexts in which you may interact. Rather, try to respond to what you believe about these groups as general categories of social relationships in their natural or common place of context.

Remove page 2 and place it next to the rest of the questionnaire as you are completing it. Refer to the definitions as much as you wish when answering the questions to refresh your memory concerning the definitions of each of the social groups.

\*\*\*\*\*  
Remove Page -2- and Use It as Reference  
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## **SOME KEY DEFINITIONS**

### **FAMILY**

By "family," we mean only the core, nuclear family that was present during your growing years, such as your mother, father, and any brothers or sisters. Do not consider other relatives such as aunts, uncles, grandparents, cousins, etc., as your "family" here unless they actually lived with you for most of your growing years.

### **CLOSE FRIENDS**

By "close friends," we mean those individuals whom you consider "close;" i.e., with whom you spend a lot of time and/or have known for a long time. Do not consider people who are "just" acquaintances, colleagues, or others whom you would not consider as your close friends. Also, do not consider intimate partners (e.g., boyfriend, girlfriend) here, either.

### **COLLEAGUES**

By "colleagues," we mean those people with whom you interact on a regular basis, but with whom you may not be particularly close (for example, people at work, school, or a social group). Do not consider close friends on the one hand, or total strangers on the other.

### **STRANGERS**

By "strangers," we mean those people with whom you do not interact on a regular basis, and whom you do not know (i.e., total strangers such as in the subway, on the street, at public events, etc.). Do not consider friends, acquaintances, or family.

**Remove this sheet and place it next to the rest of the questionnaire. Refer to it as much as you wish in giving your answers. Consider each social group separate from each other.**

## Part I: Questions About What You Believe You SHOULD Do

On the next page, you will see a table with the four social groups across the top, and a list of emotions down the left side. Please tell us what you think people should do when they feel each of the emotions listed toward someone in each of the four situations when interacting with that person. At the top of the page is a list of seven possible responses for how one may behave in those situations.

You may use whatever you deem most appropriate as the basis for your responses. For example, you may use what rules you think your culture has concerning these situations. Or, you may use family rules, or your own personal rules.

When giving us your responses, please tell us what you personally believe people should do as the most appropriate response. Don't worry whether or not you or others actually do it; rather, tell us what you believe is the basic rule that people should follow.

Please select a response for each emotion and each situation. Record that number in the appropriate space provided for that emotion and situation.

Don't obsess over any one situation and emotion. If you have difficulty coming up with an answer, make your best guess. Oftentimes your first impression is best.

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 should there be any right or wrong 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 possibility for each emotion and situation on its own merits.

REMEMBER: Tell us what you think

- (1) people in general should do
- (2) when they feel the emotions listed
- (3) toward a person
- (4) in each of the four groups
- (5) with whom they are interacting.

## What You Believe People SHOULD Do

Possible Responses:

1. Express the feeling as is with no inhibitions
2. Express the feeling, but with less intensity than one's true feelings
3. Express the feeling, but with more intensity than one's true feelings
4. Try to remain neutral; express nothing
5. Express the feeling, but together with a smile to qualify one's feelings
6. Smile only, with no trace of anything else, in order to hide one's true feelings
7. Some other response

	Family	Close Friends	Colleagues	Strangers
Sadness	_____	_____	_____	_____
Anger	_____	_____	_____	_____
Shock	_____	_____	_____	_____
Contempt	_____	_____	_____	_____
Joy	_____	_____	_____	_____
Aversion	_____	_____	_____	_____
Worry	_____	_____	_____	_____
Happiness	_____	_____	_____	_____
Disgust	_____	_____	_____	_____
Gloomy	_____	_____	_____	_____
Surprise	_____	_____	_____	_____
Hostility	_____	_____	_____	_____
Defiance	_____	_____	_____	_____
Fear	_____	_____	_____	_____

## Part II: Questions About What You ACTUALLY Do

In this second part of the questionnaire, please tell us what you believe you yourself actually do in the same situations. On the next page, you will see the same table with four social groups across the top, and a list of emotions down the left side. Think about situations when you feel each emotion toward someone in those groups when you are interacting with them. At the top of the page is a list of seven possible responses for how you may behave in those situations. This is the same format as used earlier in this questionnaire.

Please select a response for each emotion and each situation. Remember, you should select the response that reflects what you actually do in these situations when feeling these emotions. Record that number in the appropriate space provided for that emotion and situation. Don't worry so much about whether your responses are congruent or not with the society at large; rather, tell us what you believe you actually do regardless of what the culture or society-at-large requires people to do.

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. Also, don't worry about whether or not your responses are congruent with what you responded in Part I. There are no right or wrong answers, nor should there be any right or wrong 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 possibility for each emotion and situation on its own merits.

REMEMBER: Tell us what you think

- (1) you yourself personally do
- (2) when you feel the emotions listed
- (3) toward a person
- (4) in each of the four groups
- (5) with whom they are interacting.

## Questions About What You ACTUALLY Do

Possible Responses:

1. Express the feeling as is with no inhibitions
2. Express the feeling, but with less intensity than one's true feelings
3. Express the feeling, but with more intensity than one's true feelings
4. Try to remain neutral; express nothing
5. Express the feeling, but together with a smile to qualify one's feelings
6. Smile only, with no trace of anything else, in order to hide one's true feelings
7. Some other response

	Family	Close Friends	Colleagues	Strangers
Sadness	_____	_____	_____	_____
Anger	_____	_____	_____	_____
Shock	_____	_____	_____	_____
Contempt	_____	_____	_____	_____
Joy	_____	_____	_____	_____
Aversion	_____	_____	_____	_____
Worry	_____	_____	_____	_____
Happiness	_____	_____	_____	_____
Disgust	_____	_____	_____	_____
Gloomy	_____	_____	_____	_____
Surprise	_____	_____	_____	_____
Hostility	_____	_____	_____	_____
Defiance	_____	_____	_____	_____
Fear	_____	_____	_____	_____