**The Chinese Decentering Scale for Sport items and Corresponding English Translations**

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| **运动领域去自我中心量表** |
| ***Decentering Scale for Sport (DSS)*** |
| **1** | **2** | **3** | **4** | **5** |
| **从来没有****Never true** | **很少这样****Rarely true** | **有时这样****Sometimes true** | **经常这样****Often true** | **总是这样****Always true** |
| 在训练或比赛中……During training and competition…… |
| 2. 我能够将自己从让人心烦的想法或画面中抽离出来，不受其控制。2. I can pull myself out of annoying thoughts or images without being controlled by them. | **1** | **2** | **3** | **4** | **5** |
| 5. 我能够区分出哪些是当时客观真实情况，哪些是自己内在想法。5. I can distinguish thoughts which are objective reflections from those which are my personal thinking. | **1** | **2** | **3** | **4** | **5** |
| 4. 我不会轻易地被自己的想法和情绪带着走。4. I am not easily distracted by my thoughts and emotions. | **1** | **2** | **3** | **4** | **5** |
| 7. 我注意到各种想法和感受只是短暂的，而并非事实。7. I notice that all kinds of thoughts and feelings are temporary, not necessarily the truth. | **1** | **2** | **3** | **4** | **5** |
| 9. 我能够觉察到自己有不愉快的情绪出现，但不会沉浸其中。9. I can observe but not become immersed in unpleasant emotions. | **1** | **2** | **3** | **4** | **5** |
| 6. 我能够只是意识到让人心烦的想法或画面，而不立即表现出任何反应。6. I can just be aware of the annoying thoughts or images, without immediately reacting to them. | **1** | **2** | **3** | **4** | **5** |
| 11. 我提醒自己，所感觉到的状态好与差未必会发生在实际情况中。11. I remind myself that although I can feel good or bad states, the actual situation might not be like this. | **1** | **2** | **3** | **4** | **5** |
| 12. 当出现让人心烦的想法或画面时，我很快就会平静下来。12. When annoying thoughts or images appear, I can calm down quickly. | **1** | **2** | **3** | **4** | **5** |
| 14. 我注意到自己在面对困难和压力时的消极思考方式，但明白自己并不是一个消极的人。14. I notice the passive thinking style when I confront difficulty and pressures, while at the same time I understand that I am not a passive person. | **1** | **2** | **3** | **4** | **5** |
| 18. 我能够只是意识到让人心烦的想法或画面，不与其纠缠不清。18. I can be aware of annoying thoughts or images without becoming entangled in them. | **1** | **2** | **3** | **4** | **5** |
| 19. 我注意到焦虑不安的心情或负面的想法只是当下所感受到的，并不能代表全部的自己。19. I notice that an agitated mood or negative thinking is not who I am or what the situation really looks like. | **1** | **2** | **3** | **4** | **5** |
| 20. 我能够从容地对困难做出反应。20. I can react to difficulties with calm. | **1** | **2** | **3** | **4** | **5** |
| \*23. 我注意到认为自己无法再继续坚持下去只是一个想法和念头，而事实未必如此。\*23. I notice that what I think I cannot hold onto is just a thought or an idea, and not necessarily the truth. | **1** | **2** | **3** | **4** | **5** |
| \*21. 我注意到对比赛结果的一切猜想和分析只是我自己的想法和念头，并且只会让比赛变得更加复杂。\*21. I realize that conjecture and analysis of the competition results are just my thoughts and ideas, which can make the competition more complicated. | **1** | **2** | **3** | **4** | **5** |
| \*15. 我控制不住自己的情绪不被负面想法和念头影响到。\* 15. I become emotionally affected by the negative thoughts and ideas on my emotions a. | **1** | **2** | **3** | **4** | **5** |
| \*16. 我虽然觉察到了自己的一些想法和念头是负面的，但还是控制不了不受影响。\*16. Although I am aware of negative thoughts and ideas, I still cannot avoid being affected by them a. | **1** | **2** | **3** | **4** | **5** |
| *Note*. Items are marked with an “\*” were not included in the final 12-item DSS scale. a = Reverse-worded Items. |

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