

Assessment:

The next set of questions is about your relationships with other people. Please indicate the extent to which each describes your feelings about close relationships by using the responses below. Think about all of your close relationships, past and present, and respond in terms of how you generally feel in these relationships.

- | | |
|----------|-------------------|
| 0 | Not at all |
| 1 | |
| 2 | |
| 3 | Somewhat |
| 4 | |
| 5 | |
| 6 | Very much |

1. I find it difficult to depend on other people.
2. It is very important to me to feel independent.
3. I find it easy to get emotionally close to others.
4. I want to merge completely with another person. (If respondent does not understand “merge completely” say, “be one with another person”.)
5. I worry that I will be hurt if I allow myself to become too close to others.
6. I am comfortable without close emotional relationships.
7. I am not sure that I can always depend on others to be there when I need them.
8. I want to be completely emotionally intimate with others.
9. I worry about being alone.
10. I am comfortable depending on other people.
11. I often worry that romantic partners don't really love me.
12. I find it difficult to trust other people completely.
13. I worry about others getting too close to me.
14. I want emotionally close relationships.
15. I am comfortable having other people depend on me.
16. I worry that others don't value me as much as I value them.
17. People are never there when you need them.
18. My desire to merge completely sometimes scares people away.
19. It is very important to me to feel self-sufficient.
20. I am nervous when anyone gets too close to me.
21. I often worry that romantic partners won't want to stay with me.
22. I prefer not to have other people depend on me.
23. I worry about being abandoned.
24. I am uncomfortable being close to others.
25. I find that others will be there when I need them.
26. I prefer not to depend on others.
27. I know that others will be there when I need them.
28. I worry about having others not accept me.
29. Romantic partners often want me to be closer than I feel comfortable being.
30. I find it relatively easy to get close to others.