

Relationship Scales Questionnaire

Name: _____ Date: _____ dd / mm / yyyy

Assessed by: _____

Instructions: Please read each of the following statements and rate the extent to which you believe each statement best describes your feelings about close relationships. There are 30 items. Please do not skip any items. Rate each statement on a 5-point scale: Not at all like me (1), Somewhat like me (2-3), Very much like me (4-5)

1. I find it difficult to depend on other people:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

2. It is very important to me to feel independent:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

3. I find it easy to get emotionally close to others:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

4. I want to merge completely with another person:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

5. I worry that I will be hurt if I allow myself to become too close to others:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

6. I am comfortable without close emotional relationships:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

7. I am not sure that I can always depend on others to be there when I need them:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

8. I want to be completely emotionally intimate with others:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

9. I worry about being alone:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

10. I am comfortable depending on other people:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

11. I often worry that romantic partners don't really love me:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

12. I find it difficult to trust others completely:

☐ ☐ ☐ ☐ ☐
1 2 3 4 5

13. I worry about others getting too close to me:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

14. I want emotionally close relationships:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

15. I am comfortable having other people depend on me:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

16. I worry that others don't value me as much as I value them:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

17. People are never there when you need them:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

18. My desire to merge completely sometimes scares people away:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

19. It is very important to me to feel self-sufficient:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

20. I am nervous when anyone gets too close to me:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

21. I often worry that romantic partners won't want to stay with me:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

22. I prefer not to have other people depend on me:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

23. I worry about being abandoned:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

24. I am somewhat uncomfortable being close to others:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

25. I find that others are reluctant to get as close as I would like:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

26. I prefer not to depend on others:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

27. I know that others will be there when I need them:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

28. I worry about having others not accept me:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

29. Romantic partners often want me to be closer than I feel comfortable being:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

30. I find it relatively easy to get close to others:

☐ ☐ ☐ ☐ ☐

1 2 3 4 5

RESULTS

Anxious/secure dimension Mean score: _____

Close/avoidant dimension Mean score: _____