

Relationship Questionnaire

Instructions:

A. The following are descriptions of four typical patterns of feelings in close relationships. We are interested in how you generally experience close relationships, not just in what is happening in current relationships. **Please circle the one paragraph below that is most descriptive of you.**

B. Now, please reread each paragraph and indicate how descriptive it is of you. Circle the number that reflects how well that paragraph describes you: (1) being “Very Undescriptive of me”, (2) “Moderately Undescriptive of me”, (3) “Slightly undescriptive of me”, (4) “Neither descriptive nor undescriptive of me”, (5) “Slightly descriptive of me”, (6) “Moderately descriptive of me”, (7) “Very descriptive of me”.

	Very Undescriptive					Very Descriptive
A) It is easy for me to become emotionally close to others. I am comfortable depending on others and having others depend on me. I don't worry about being alone or having others not accept me.	(1)	(2)	(3)	(4)	(5)	(6) (7)
B) I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.	(1)	(2)	(3)	(4)	(5)	(6) (7)
C) I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.	(1)	(2)	(3)	(4)	(5)	(6) (7)
D) I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.	(1)	(2)	(3)	(4)	(5)	(6) (7)