

**Part II**

The following are descriptions of three typical patterns of feelings in close relationships. While no description fits anyone perfectly, please choose the one that does the best job of describing the way you usually feel in close relationships (i.e. with your parents or a romantic other). **Simply circle the letter by the appropriate paragraph to make your choice.**

- A. I am comfortable without a lot of closeness. It is important to me to be independent and self-reliant. I'd rather not depend on others or have others depend on me.
- B. I want closeness, but I find others are reluctant to get as close as I would like. I sometimes worry that I will be hurt if I allow myself to become too close, or that others won't care about me as much as I care about them.
- C. I am comfortable with closeness, and find it relatively easy to trust and depend on others. I don't often worry about being hurt by those I'm close to.

Now, Please rate how descriptive of you **each of the three statements** below are by circling one of the following numbers: (1) "Very Undescriptive of me", (2) "Moderately Undescriptive of me", (3) "Slightly Undescriptive of me", (4) "Neither Undescriptive or Descriptive of me", (5) "Slightly Descriptive of me", (6) "Moderately Descriptive of me", (7) "Very Descriptive of me".

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|----|--|-----------------------------------|-----------------------------------|
| A. | I am comfortable without a lot of closeness. It is important to me to be independent and self-reliant. I'd rather not depend on others or have others depend on me.  | VU<br>(1) (2) (3) (4) (5) (6) (7) | VD<br>(1) (2) (3) (4) (5) (6) (7) |
| B. | I want closeness, but I find others are reluctant to get as close as I would like. I sometimes worry that I will be hurt if I allow myself to become too close, or that others won't care about me as much as I care about them. | VU<br>(1) (2) (3) (4) (5) (6) (7) | VD<br>(1) (2) (3) (4) (5) (6) (7) |
| C. | I am comfortable with closeness, and find it relatively easy to trust and depend on others. I don't often worry about being hurt by those I'm close to.  | VU<br>(1) (2) (3) (4) (5) (6) (7) | VD<br>(1) (2) (3) (4) (5) (6) (7) |

**Part III**

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 indicate which paragraph below that is most descriptive of you.** **Simply circle the letter by the appropriate paragraph to make your choice.**

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 others not accept me.

B) I am comfortable without close emotional relationships. It is very to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

C) I want to be completely emotionally intimate with others, but I often find that others 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.

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.

**Now read each paragraph again and indicate how descriptive each paragraph is of you.** Circle the number that reflects the level of description that paragraph has for you: (1) being Very un-descriptive of me, (2) Moderately un-descriptive of me, (3) Slightly un-descriptive of me, (4) Neither descriptive or un-descriptive of me, (5) Slightly descriptive of me, (6) Moderately descriptive of me, (7) Very descriptive of me.

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. VU  
(1) (2) (3) (4) (5) (6) (7)  
VD

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. VU  
(1) (2) (3) (4) (5) (6) (7)  
VD

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. VU  
(1) (2) (3) (4) (5) (6) (7)  
VD

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. VU  
(1) (2) (3) (4) (5) (6) (7)  
VD