

Experiences in Close Relationships Scale

The following statements concern how you generally feel in close relationships (e.g., with romantic partners, close friends, or family members). Respond to each statement by indicating how much you agree or disagree with it. Choose the number between 1 and 7 to the right of the statement.

- 1) 1. I prefer not to show others how I feel deep down. Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 2) 2. I worry about being rejected or abandoned. Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 3) 3. I am very comfortable being close to other people. Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 4) 4. I worry a lot about my relationships. Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 5) 5. Just when someone starts to get close to me I find myself pulling away. Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 6) 6. I worry that others won't care about me as much as I care about them. Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 7) 7. I get uncomfortable when someone wants to be very close to me. Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly

- 8) 8. I worry a fair amount about losing my close relationship partners.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 9) 9. I don't feel comfortable opening up to others.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 10) 10. I often wish that close relationship partners' feelings for me were as strong as my feelings for them.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 11) 11. I want to go get close to others but I keep pulling back.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 12) 12. I want to get very close to others and this sometimes scares them away.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 13) 13. I am nervous when another person gets too close to me.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 14) 14. I worry about being alone.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 15) 15. I feel comfortable sharing my private thoughts and feelings with others.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly

- 16) 16. My desire to be very close sometimes scares people away.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 17) 17. I try to avoid getting too close to others.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 18) 18. I need a lot of reassurance that close relationship partners really care about me.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 19) 19. I find it relatively easy to get close to others.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 20) 20. Sometimes I feel that I try to force others to show more feeling, more commitment to our relationship than they otherwise would.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 21) 21. I find it difficult to allow myself to depend on close relationship partners.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 22) 22. I do not often worry about being abandoned.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 23) 23. I prefer not to be too close to others.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly

- 24) 24. If I can't get a relationship partner to show interest in me, I get upset or angry.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 25) 25. I tell my close relationship partners just about everything.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 26) 26. I find that my partners don't want to get as close as I would like.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 27) 27. I usually discuss my problems and concerns with close others.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 28) 28. When I don't have close others around, I feel somewhat anxious and insecure.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 29) 29. I feel comfortable depending on others.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 30) 30. I get frustrated when my close relationship partners are not around as much as I would like.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 31) 31. I don't mind asking close others for comfort, advice, or help.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly

- 32) 32. I get frustrated if relationship partners are not available when I need them.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 33) 33. It helps to turn to close others in times of need.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 34) 34. When other people disapprove of me, I feel really bad about myself.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 35) 35. I turn to close relationship partners for many things, including comfort and reassurance.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly
- 36) 36. I resent it when my relationship partners spend time away from me.
- Disagree strongly
 Disagree
 Disagree slightly
 Neutral/mixed
 Agree slightly
 Agree
 Agree strongly