

- 25. I tell my partner just about everything.
- 26. I find that my partner(s) don't want to get as close as I would like.
- 27. I usually discuss my problems and concerns with my partner.
- 28. When I'm not involved in a relationship, I feel somewhat anxious and insecure.
- 29. I feel comfortable depending on romantic partners.
- 30. I get frustrated when my partner is not around as much as I would like.
- 31. I don't mind asking romantic partners for comfort, advice, or help.
- 32. I get frustrated if romantic partners are not available when I need them.
- 33. It helps to turn to my romantic partner in times of need.
- 34. When romantic partners disapprove of me, I feel really bad about myself.
- 35. I turn to my partner for many things, including comfort and reassurance.
- 36. I resent it when my partner spends time away from me.

TO SCORE THIS SELF-REPORT:

1) "Reverse key" items 3, 15, 19, 22, 25, 27, 29, 31, 33, 35 (for example, change a score of "2" to a score of "6"). Given that there's been some confusion re "reverse key": it means you should change a score of 1 to 7, 2 to 6, 3 to 5, leave 4 as is, change 5 to 3, change 6 to 2, change 7 to 1.

2) Add up the 18 scores for odd numbered items; then add up the 18 scores for even numbered items.

3) Divide each of these two totals by 18.

You should now have two numbers, each between 1 and 7. The first number (average of odd items) represents avoidance (tendency toward a dismissing state of mind, in Main's idiom); the second number (average of even items) represents anxiety (tendency toward a preoccupied state of mind). At the workshop we'll be talking more about what this all might mean.