EXPERIENCES IN CLOSE RELATIONSHIPS

The following statements concern how you feel in romantic relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by indicating how much you agree or disagree with it. Write the number in the space provided, using the following rating scale:

1	2	3	4	5	6	7		
Disagree						A	gree Strongly	
Strongly		Neutral/Mixed						
		_	_					
							eel deep down.	
		I worry about being abandoned. I am very comfortable being close to romantic partners.						
	_	•			_		omantic partners.	
	_ 4. I wor	•		·				
	_			ner sta	rts to g	get clo	se to me I find myself	
	-	ng awa	-	_				
	_	-		-	rtners v	won't	care about me as much	
			out the					
		uncom	ıfortabl	e when	a rom	antic	partner wants to be very	
	close.	_		_				
		•				-	y partner.	
9. I don't feel comfortable opening up to romant								
	_					eeling	gs for me were as strong	
		•	ings for			_		
		-	-	•	-		t I keep pulling back.	
				_	_	-	h romantic partners,	
			ometime			•		
				-	_	t too	close to me.	
	_ 14. I wo	-		_				
	_			sharin	ig my p	rivat	e thoughts and feelings	
		my pa						
				•			s scares people away.	
	_		_	_		•	partner.	
	_						loved by my partner.	
	_		-	•	_		my partner.	
					-	y part	tners to show more	
		_	ore com					
	_		fficult t	o allow	myselt	f to d	epend on romantic	
	-	tners.						
	_			•		_	indoned.	
							ic partners.	
	_ 24. If I	can't g	get my p	artner	to show	w inte	erest in me, I get upset or	
	ang	ry.						

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.