

RELATIONSHIP QUESTIONNAIRE

PLEASE READ DIRECTIONS!!!

1. Following are descriptions of four general relationship styles that people often report. Please read each description and CIRCLE the letter corresponding to the style that best describes you or is closest to the way you generally are in your close relationships.
 - A. It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.
 - B. 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.
 - 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.
 - D. 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.

2. Now please rate each of the following relationship styles according to the *extent* to which you think each description corresponds to your general relationship style.

- A. It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.
- B. 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.
- 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.
- D. 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.

	Not at all like me		Somewhat like me			Very much like me	
Style A.	1	2	3	4	5	6	7
Style B.	1	2	3	4	5	6	7
Style C.	1	2	3	4	5	6	7
Style D.	1	2	3	4	5	6	7

3. People sometimes report that their relationship styles differ depending on the people they are with. Thus you may feel that your style varies with different friends, family members, or romantic partners.

Think of your present romantic relationship. Your partner will be referred to as "P". Please read each description and **CIRCLE** the letter corresponding to the style that best describes you or is closest to the way you generally are in your relationship with P.

- A. It is easy for me to be emotionally close with P. I am comfortable depending on P and having P depend on me. I am confident that P accepts me and that P will always be available for me.
- B. I am uncomfortable being close to P. I want an emotionally close relationship with P, but I find it difficult to trust P completely, or to depend on P. I worry that I will be hurt if I allow myself to become too close to P.
- C. I want to be very emotionally intimate with P, but I often find that P is reluctant to get as close as I would like. I am uncomfortable not being close to P, but I sometimes worry that P doesn't value me as much as I value P.
- D. I am comfortable without a close emotional relationship with P. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on P or to have P depend on me.

4. Now please rate to what extent each of the four styles is descriptive of the way you are in your relationship ***with your partner P.***

	Not at all like me		Somewhat like me			Very much like me	
Style A.	1	2	3	4	5	6	7
Style B.	1	2	3	4	5	6	7
Style C.	1	2	3	4	5	6	7
Style D.	1	2	3	4	5	6	7

5. Your relationship style may also be similar to or different from the style of those people with whom you have relationships. Think of your current relationship partner P. Please read each description and CIRCLE the letter corresponding to the style that best describes P or is closest to the way P generally is in his or her close relationships.

- A. It is easy for P to become emotionally close to others. P is comfortable depending on others and having others depend on him/her. P doesn't worry about being alone or having others not accept him/her.
- B. P is uncomfortable getting close to others. P wants emotionally close relationships, but he/she finds it difficult to trust others completely, or to depend on them. P worries that he/she will be hurt if he/she allows him/herself to become too close to others.
- C. P wants to be completely emotionally intimate with others, but he/she often finds that others are reluctant to get as close as he/she would like. P is uncomfortable being without close relationships, but he/she sometimes worries that others don't value him/her as much as he/she values them.
- D. P is comfortable without close emotional relationships. It is very important to P to feel independent and self-sufficient, and P prefers not to depend on others or have others depend on him/her.

6. Now please rate to what extent each of the four styles is descriptive of your partner P.

	Not at all like P			Somewhat like P			Very much like P	
Style A.	1	2	3	4	5	6	7	
Style B.	1	2	3	4	5	6	7	
Style C.	1	2	3	4	5	6	7	
Style D.	1	2	3	4	5	6	7	