

ECR (RSR)

The following statements concern how you have been feeling during the past few months in your current romantic 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
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree

- ___ 1. I prefer not to show my partner how I feel deep down.
- ___ 2. I worry about being abandoned by my partner.
- ___ 3. I am very comfortable being close to my romantic partner.
- ___ 4. I worry a lot about my relationship.
- ___ 5. Just when my partner starts to get close to me I find myself pulling away.
- ___ 6. I worry that romantic partner won't care about me as much as I care about him/her.
- ___ 7. I get uncomfortable when my romantic partner wants to be very close.
- ___ 8. I worry a fair amount about losing my partner.
- ___ 9. I don't feel comfortable opening up to my romantic partner.
- ___ 10. I often wish that my partner's feeling for me were as strong as my feelings for him/her.
- ___ 11. I want to get close to my partner, but I keep pulling back.
- ___ 12. I often want to merge completely with my partner, and this sometimes scares him/her away.
- ___ 13. I am nervous when my partner gets too close to me.
- ___ 14. I worry about being alone.
- ___ 15. I feel comfortable sharing my private thoughts and feelings with my partner.
- ___ 16. My desire to be very close sometimes scares my partner away.
- ___ 17. I try to avoid getting too close to my partner.
- ___ 18. I need a lot of reassurance that I am loved by my partner.
- ___ 19. I find it relatively easy to get close to my partner.
- ___ 20. Sometimes I feel that I force my partner to show more feeling, more commitment.
- ___ 21. I find it difficult to allow myself to depend on my romantic partner.
- ___ 22. I do not often worry about being abandoned.
- ___ 23. I prefer not to be too close to my romantic partner.
- ___ 24. If I can't get my partner to show interest in me, I get upset or angry.
- ___ 25. I tell my partner just about everything.
- ___ 26. I find that my partner doesn't want to get as close as I would like.
- ___ 27. I usually discuss my problems and concerns with my partner.
- ___ 28. When I imagine no longer being in this relationship, I feel anxious and insecure.
- ___ 29. I feel comfortable depending on my romantic partner.
- ___ 30. I get frustrated when my partner is not around as much as I would like.
- ___ 31. I don't mind asking my romantic partner for comfort, advice, or help.
- ___ 32. I get frustrated if my romantic partner is not available when I need him/her.
- ___ 33. It helps to turn to my romantic partner in times of need.
- ___ 34. When my romantic partner 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.