# Experiences in Close Relationships Scale Revised (ECR-R) 

Your full name: $\underline{x x x x x x x x x x x x x x x x x x x x x x x x x}$
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Instructions: The statements below concern how you feel in emotionally intimate 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 selecting a number to indicate how much you agree or disagree with the statement.
1 = Strongly Disagree .... 7 = Strongly Agree

|  |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1. | I'm afraid that I will lose my partner's love. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 2. | I often worry that my partner will not want to stay with me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 3. | I often worry that my partner doesn't really love me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 4. | I worry that romantic partners won't care about me as much as I care about them. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 5. | I often wish that my partner's feelings for me were as strong as my feelings for him or her. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 6. | I worry a lot about my relationships. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 7. | When my partner is out of sight, I worry that he or she might become interested in someone else. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 8. | When I show my feelings for romantic partners, I'm afraid they will not feel the same about me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 9. | I rarely worry about my partner leaving me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 10. | My romantic partner makes me doubt myself. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 11. | I do not often worry about being abandoned. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |


| 12. | I find that my partner(s) don't want to get as close as I would like. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 13. | Sometimes romantic partners change their feelings about me for no apparent reason. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 14. | My desire to be very close sometimes scares people away. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 15. | I'm afraid that once a romantic partner gets to know me, he or she won't like who I really am. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 16. | It makes me mad that I don't get the affection and support I need from my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 17. | I worry that I won't measure up to other people. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 18. | My partner only seems to notice me when l'm angry. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 19. | I prefer not to show a partner how I feel deep down. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 20. | I feel comfortable sharing my private thoughts and feelings with my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 21. | I find it difficult to allow myself to depend on romantic partners. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 22. | I am very comfortable being close to romantic partners. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 23. | I don't feel comfortable opening up to romantic partners. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 24. | I prefer not to be too close to romantic partners. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 25. | I get uncomfortable when a romantic partner wants to be very close. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 26. | I find it relatively easy to get close to my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\checkmark$ |
| 27. | It's not difficult for me to get close to my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |


| 28. | I usually discuss my problems and concerns with my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 29. | It helps to turn to my romantic partner in times of need. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 30. | I tell my partner just about everything. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 31. | I talk things over with my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 32. | I am nervous when partners get too close to me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 33 | I feel comfortable depending on romantic partners. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 34 | I find it easy to depend on romantic partners. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 35 | It's easy for me to be affectionate with my partner. | $\square$ | $\square$ | $\square$ | $\checkmark$ | $\square$ | $\square$ | $\square$ |
| 36 | My partner really understands me and my needs. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

## Scoring

Items 1 to 18 are for gauging anxiety, while Items 19 to 36 are for gauging avoidance. For the anxiety items, Items 9 and 11 are reverse-scored. For the avoidance items, Items 20, 22, 26-31, and 33-36 are reverse-scored. For reverse-score items, if they select 1, that means it's actually a 7, and vice-versa.

## Avoidance Total Score:

## Avoidance Average Score (Avoidance Total / 18):

## Anxiety Total Score:

Anxiety Average Score (Anxiety Total / 18):

## Total Scale Score:

## Reference:

Fraley, R. C., Waller, N. G., \& Brennan, K. A. (2000). An item-response theory analysis of self-report measures of adult attachment. Journal of Personality and Social Psychology, 78, 350-365.

