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

Your full name: \_\_\_\_\_ Date submitted: \_\_\_\_\_

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

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

| 28.    | I usually discuss my problems and concerns with my partner. |  |  |  |  |  |  |  |
|--------|---|--|--|--|--|--|--|--|
| 29.    | It helps to turn to my romantic partner in times of need.   |  |  |  |  |  |  |  |
| 30.    | I tell my partner just about everything.                    |  |  |  |  |  |  |  |
| 31.    | I talk things over with my partner.                         |  |  |  |  |  |  |  |
| 32.    | I am nervous when partners get too close to me.             |  |  |  |  |  |  |  |
| 33     | I feel comfortable depending on romantic partners.          |  |  |  |  |  |  |  |
| 34     | I find it easy to depend on romantic partners.              |  |  |  |  |  |  |  |
| 35     | It's easy for me to be affectionate with my partner.        |  |  |  |  |  |  |  |
| 36     | My partner really understands me and my needs.              |  |  |  |  |  |  |  |
| 3corir | coring  |  |  |  |  |  |  |  |

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.