

Fear of Intimacy Test Scale

Your Full Name: _____ Date Submitted: _____

Part A Instructions: Imagine you are in a close dating relationship. Respond to the following statements as you would if you were in that close relationship. Rate how characteristic each statement is of you on a scale of 1 to 5, as described below, and put your responses on the answer sheet. Note. In each statement, "O" refers to the person who would be in a close relationship with you.

ITEM	Not at all characteristic of me = 1	Slightly characteristic of me = 2	Moderately characteristic of me = 3	Very characteristic of me = 4	Extremely characteristic of me = 5
1. I would feel uncomfortable telling O about things in the past that I have felt ashamed of.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I would feel uneasy talking with O about something that has hurt me deeply.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I would feel comfortable expressing my true feelings to O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. If O were upset I would sometimes be afraid of showing that I care.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I might be afraid to confide my innermost feelings to O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I would feel at ease telling O that I care about him/her.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I would have a feeling of complete togetherness with O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I would be comfortable discussing significant problems with O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. A part of me would be afraid to make a long-term commitment to O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I would feel comfortable telling my experiences, even sad ones, to O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I would probably feel nervous showing O strong feelings of affection.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I would find it difficult being open with O about my personal thoughts.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I would feel uneasy with O depending on me for emotional support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I would not be afraid to share with O what I dislike about myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I would be afraid to take the risk of being hurt in order to establish a closer relationship with O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I would feel comfortable keeping very personal information to myself.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I would not be nervous about being spontaneous with O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

18. I would feel comfortable telling O things that I do not tell other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I would feel comfortable trusting O with my deepest thoughts and feelings.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I would sometimes feel uneasy if O told me about very personal matters.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I would be comfortable revealing to O what I feel are my shortcomings and handicaps.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I would be comfortable with having a close emotional tie between us.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I would be afraid of sharing my private thoughts with O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I would be afraid that I might not always feel close to O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I would be comfortable telling O what my needs are.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. I would be afraid that O would be more invested in the relationship than I would be.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I would feel comfortable about having open and honest communication with O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I would sometimes feel uncomfortable listening to O's personal problems.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
29. I would feel at ease to completely be myself around O.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
30. I would feel relaxed being together and talking about our personal goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Part B Instructions: Respond to the following statements based on how they apply to your past relationships. Rate how characteristic each statement applies to you on a scale of 1 to 5, as described in the instructions for Part A.

ITEM	Not at all characteristic of me = 1	Slightly characteristic of me = 2	Moderately characteristic of me = 3	Very characteristic of me = 4	Extremely characteristic of me = 5
31. I have shied away from opportunities to be close to someone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
32. I have held back my feelings in previous relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
33. There are people who think that I am afraid to get close to them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
34. There are people who think that I am not an easy person to get to know.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
35. I have done things in previous relationships to keep me from developing closeness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TOTAL SCORE:

Scoring:

To score this, you simply need to add up the scores for all items.

Each answer has a corresponding number. Do note that some items have reverse scoring, meaning if they select "Extremely characteristic of me," they score 1 point instead of 5 points. **These items are 3, 6-8, 10, 14, 17-19, 21-22, 25, 27, and 29-30.**

The minimum score is 35, and the maximum score is 175. Higher scores mean that the severity of their fear is high.