

# 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.