

Relationship Questionnaire

Name: _____ Date: _____

Age: _____ Relationship status: _____

The following are four general relationship styles that people often report. Select the letter corresponding to the style that best describes you or is closest to the way you are.

- ☐ **A.** It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.
- ☐ **B.** I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.
- ☐ **C.** I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.
- ☐ **D.** I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

Now please rate each of the relationship styles above to indicate how well or poorly each description corresponds to your general relationship style.

Style A						
1 Disagree strongly	2	3	4 Neutral/ mixed	5	6	7 Agree strongly
Style B						
1 Disagree strongly	2	3	4 Neutral/ mixed	5	6	7 Agree strongly
Style C						
1 Disagree strongly	2	3	4 Neutral/ mixed	5	6	7 Agree strongly
Style D						
1 Disagree strongly	2	3	4 Neutral/ mixed	5	6	7 Agree strongly