## Relationship Questionnaire (RQ)

Instructions: Please rate the applicability of each item on a scale of 1 to 7 .
Name:
Age:
Date:

## Legend:

1-Not at all applicable
2 - Slightly applicable
3 - Somewhat applicable
4 - Moderately applicable
5 - Fairly applicable
6 - Very applicable
7- Extremely applicable

| Parameters | $\mathbf{1}$ | $\mathbf{2}$ | $\mathbf{3}$ | $\mathbf{4}$ | $\mathbf{5}$ | $\mathbf{6}$ | $\mathbf{7}$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| I feel comfortable sharing my thoughts <br> and emotions with my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| My partner and I trust each other <br> completely. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I worry that my partner might leave me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I often seek reassurance from my <br> partner about their feelings for me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I find it easy to depend on my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I feel uneasy when my partner gets too <br> close to me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I often doubt if my partner truly cares <br> about me. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |


| I prefer to rely on myself rather than <br> depend on my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| My partner and I communicate openly <br> and effectively. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I often fear rejection from my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I have a strong need for closeness and <br> intimacy in my relationship. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| My partner understands and meets my <br> emotional needs. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I tend to avoid getting too attached to <br> my partner. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I feel anxious when my partner is not <br> available. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I am confident in my partner's <br> commitment to our relationship. | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| I sometimes feel overwhelmed by my |  |  |  |  |  |  |  |
| partner's emotional demands. |  |  |  |  |  |  |  |

