

## Experiences in Close Relationship Scale-Short Form

Instruction: The following statements concern how you feel in romantic 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 indicating how much you agree or disagree with it. Mark your answer using the following rating scale:

1                      2                      3                      4                      5                      6                      7  
Strongly Disagree   Disagree Slightly Disagree   Neutral   Slightly Agree   Agree   Strongly Agree

1. It helps to turn to my romantic partner in times of need.
2. I need a lot of reassurance that I am loved by my partner.
3. I want to get close to my partner, but I keep pulling back.
4. I find that my partner(s) don't want to get as close as I would like.
5. I turn to my partner for many things, including comfort and reassurance.
6. My desire to be very close sometimes scares people away.
7. I try to avoid getting too close to my partner.
8. I do not often worry about being abandoned.
9. I usually discuss my problems and concerns with my partner.
10. I get frustrated if romantic partners are not available when I need them.
11. I am nervous when partners get too close to me.
12. I worry that romantic partners won't care about me as much as I care about them.

### Scoring Information:

Anxiety = 2, 4, 6, 8 (reverse), 10, 12

Avoidance = 1 (reverse), 3, 5 (reverse), 7, 9 (reverse), 11