Fear of Intimacy Scale

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Not at all characteristic of me</td>
<td>Slightly characteristic of me</td>
<td>Moderately characteristic of me</td>
<td>Very characteristic of me</td>
<td>Extremely characteristic of me</td>
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**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 the close relationship with you.

1. I would feel uncomfortable telling O about things in the past that I have felt ashamed of.
2. I would feel uneasy talking with O about something that has hurt me deeply.
3. I would feel comfortable expressing my true feelings to O.
4. If O were upset I would sometimes be afraid of showing that I care.
5. I might be afraid to confide my innermost feelings to O.
6. I would feel at ease telling O that I care about him/her.
7. I would have a feeling of complete togetherness with O.
8. I would be comfortable discussing significant problems with O.
9. A part of me would be afraid to make a long-term commitment to O.
10. I would feel comfortable telling my experiences, even sad ones, to O.
11. I would probably feel nervous showing O strong feelings of affection.
12. I would find it difficult being open with O about my personal thoughts.

13. I would feel uneasy with O depending on me for emotional support.

14. I would not be afraid to share with O what I dislike about myself.

15. I would be afraid to take the risk of being hurt in order to establish a closer relationship with O.

16. I would feel comfortable keeping very personal information to myself.

17. I would not be nervous about being spontaneous with O.

18. I would feel comfortable telling O things that I do not tell other people.

19. I would feel comfortable trusting O with my deepest thoughts and feelings.

20. I would sometimes feel uneasy if O told me about very personal matters.

21. I would be comfortable revealing to O what I feel are my shortcomings and handicaps.

22. I would be comfortable with having a close emotional tie between us.

23. I would be afraid of sharing my private thoughts with O.

24. I would be afraid that I might not always feel close to O.

25. I would be comfortable telling O what my needs are.

26. I would be afraid that O would be more invested in the relationship than I would be.

27. I would feel comfortable about having open and honest communication with O.

28. I would sometimes feel uncomfortable listening to O's personal problems.

29. I would feel at ease to completely be myself around O.

30. I would feel relaxed being together and talking about our personal goals.
Part B Instructions: Respond to the following statements as they apply to your past relationships. Rate how characteristic each statement is of you on a scale of 1 to 5 as described in the instructions for Part A.

31. I have shied away from opportunities to be close to someone.

32. I have held back my feelings in previous relationships.

33. There are people who think that I am afraid to get close to them.

34. There are people who think that I am not an easy person to get to know.

35. I have done things in previous relationships to keep me from developing closeness.