

## Fear of Intimacy Scale

1	2	3	4	5
Not at all characteristic of me	Slightly characteristic of me	Moderately characteristic of me	Very characteristic of me	Extremely characteristic of me

**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.