

ADULT ATTACHMENT SCALE

Please read each of the following statements and rate the extent to which it describes your feelings about close relationships in general. That is, we want you to think about how you feel in all close relationships including your romantic relationships, friendships, and family relationships. Please use the scale below and indicate the degree to which each statement is characteristic of you by placing a number between 1 and 5 in the space provided to the right of each statement.

1-----2-----3-----4-----5
Not at all **Very**
characteristic **characteristic**

- 1. I find it relatively easy to get close to others. _____
- 2. I do not often worry about being abandoned. _____
- 3. I find it difficult to allow myself to depend on others. _____
- 4. People are never there when you need them. _____
- 5. In relationships, I often worry that others do not really love me. _____
- 6. I find that others are reluctant to get as close as I would like. _____
- 7. I am comfortable depending on others. _____
- 8. I do not often worry about someone getting too close to me. _____
- 9. I am somewhat uncomfortable being close to others. _____
- 10. I am nervous when anyone gets too close. _____
- 11. In relationships, I often worry that others will not want to stay with me. _____
- 12. I want to merge completely with another person. _____
- 13. My desire to merge sometimes scares people away. _____
- 14. I am comfortable having others depend on me. _____
- 15. I know that others will be there when I need them. _____
- 16. I find it difficult to trust others completely. _____
- 17. Often, people want me to be closer than I feel comfortable being. _____
- 18. I am not sure that I can always depend on others to be there when I need them. _____