

## RELATIONSHIP SCALE QUESTIONNAIRE (RSQ)

**Instructions:** Rate yourself on a scale of 1-5 for each question that best describes your stand.

- 1= not at all like me
- 2= rarely like me
- 3= somewhat like me
- 4= often like me
- 5= very like me

1. I find it difficult to depend on others.
2. I worry that I will be hurt if I allow myself to become too close to others.
3. I am comfortable without close emotional relationships.
4. I am not sure that I can always depend on others to be there when I need them.
5. I worry about being alone.
6. I often worry that romantic partners don't really love me and won't want to stay with me.
7. I find it difficult to trust others completely.
8. I worry about others getting too close to me.
9. I worry that others don't value me as much as I value them.
10. People are never there when you need them.
11. My desire to merge completely sometimes scares people away.
12. I am nervous when anyone gets too close to me.
13. I worry about being abandoned.

**SCORE CARD INSTRUC. : ADD N TOTAL**

INTERP

**15-35**

You are fortunate to be successful at building and maintaining happy and productive relationships with those around you.

**36-55**

While you will be able to form happy and productive relationships, please revisit this questionnaire and trace items to which you have awarded 3 or more marks. These are the elements that might be roadblocks in your relationship management.

**56 and above**

It appears that a lot of your experiences with self and others are negative and dysfunctional. It may be beneficial to seek therapy or counseling to negotiate them and minimize them in future.