

### The short version of the Experiences in Close Relationships-Revised (ECR-R-18)

Instructions: The statements below concern how you feel in emotionally intimate 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 circling a number to indicate how much you agree or disagree with the statement

<b>1. I prefer not to show a partner how I feel deep down.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>2. I often worry that my partner doesn't really love me.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>3. I feel comfortable sharing my private thoughts and feelings with my partner.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>4. When my partner is out of sight, I worry that he or she might become interested in someone else.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>5. I am very comfortable being close to romantic partners.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>6. My romantic partner makes me doubt myself.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>7. I usually discuss my problems and concerns with my partner.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>8. I often worry that my partner will not want to stay with me.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>9. I find it easy to depend on romantic partners</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>10. I worry a lot about my relationships.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>11. I tell my partner just about everything.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>12. When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>13. It's not difficult for me to get close to my partner.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>14. Sometimes romantic partners change their feelings about me for no apparent reason.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>15. I talk things over with my partner.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>16. I worry that romantic partners won't care about me as much as I care about them.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>17. It helps to turn to my romantic partner in times of need.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>18. I worry that I won't measure up to other people.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree

