

# Modified - Experiences in Close Relationship Scale-Short Form (ECR-S)

**Instruction:** The following statements concern how you feel in romantic 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 indicating how much you agree or disagree with it. Mark your answer using the following rating scale:

1	2	3	4	5	6	7
Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree

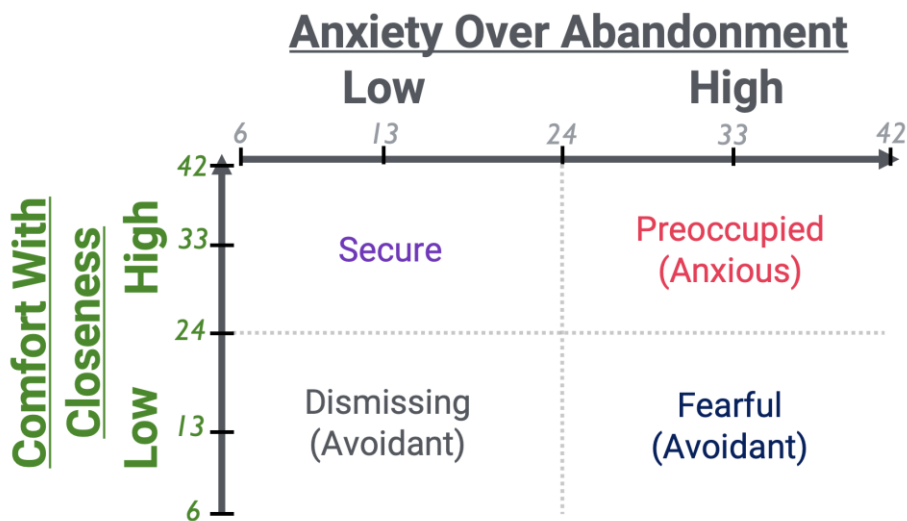
- 1. It helps to turn to my romantic partner in times of need.
- 2. I want to get close to my partner.
- 3. I turn to my partner for many things, including comfort and reassurance.
- 4. I don't mind the idea of getting too close to my partner.
- 5. I usually discuss my problems and concerns with my partner.
- 6. I am comfortable when partners get close to me.
  
- 7. I need a lot of reassurance that I am loved by my partner.
- 8. I find that my partner(s) don't want to get as close as I would like.
- 9. My desire to be very close sometimes scares people away.
- 10. I often worry about being abandoned.
- 11. I get frustrated if romantic partners are not available when I need them.
- 12. I worry that romantic partners won't care about me as much as I care about them.

**Scoring Information:**

Add up Items 1-6 : \_\_\_\_\_ = *Comfort with Closeness (Low Avoidance)*

Add up Items 7-12 : \_\_\_\_\_ = *Anxiety Over Abandonment*

## Identifying Your Attachment



NOTE: This scale is a slightly modified version of the ECR-Short Form. Modifications were to question wording to facilitate scoring and interpretation. Wei, M., Russell, D. W., Mallinckrodt, B., & Vogel, D. L. (2007). The experiences in Close Relationship Scale (ECR)-Short Form: Reliability, validity, and factor structure. *Journal of Personality Assessment*, 88, 187-204.