

Your private response booklet

ECR-RS | Five optional sections | 1-7 response scale

Choose what feels appropriate.

Every section is optional, including General. You may skip a question, skip a domain, or stop without giving a reason. Do not write your name or identify the person you have in mind.

How to respond

Read each statement and circle one number that best reflects your feelings for the section named at the top of the page. Think about the same person throughout a relationship-specific section. There are no right or wrong answers.

1 = Strongly disagree | 4 = Neither disagree nor agree
7 = Strongly agree. Use 2, 3, 5, or 6 for positions in between.

Choose a reference for each section

General: close relationships in general.

Mother: your mother or a mother-like figure.

Father: your father or a father-like figure.

Partner: your current partner; if none, your most recent meaningful romantic relationship; if none, imagine such a relationship.

Best friend: the person you regard as your best friend.

If a parent has died, you may answer about how you felt when they were alive, if comfortable. All of these options remain optional. You never need to disclose why a section does or does not fit.

What happens to your answers?

Keep your booklet. Use the separate self-scoring guide privately. For this workshop, any missing or invalid answer makes **both scores for that domain NA**. Do not fill in or estimate missing answers. No name or item-level answers are collected.

This edition uses the original 1-7 scale consistently. Paper items stay in a fixed order so you can self-score; an online presentation may randomize their order. This booklet is educational, not diagnostic.

Source: Fraley et al. (2011), doi.org/10.1037/a0022898

<https://labs.psychology.illinois.edu/~rcfraley/measures/relstructures.htm>

Background: <https://labs.psychology.illinois.edu/~rcfraley/measures/ecrr.htm>

General

Please read each of the following statements and rate the extent to which you believe each statement best describes your feelings about close relationships in general.

Optional section. You may skip it without explanation.

1 = Strongly disagree | 4 = Neither disagree nor agree | 7 = Strongly agree

01 It helps to turn to people in times of need.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

02 I usually discuss my problems and concerns with others.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

03 I talk things over with people.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

04 I find it easy to depend on others.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

05 I don't feel comfortable opening up to others.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

06 I prefer not to show others how I feel deep down.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

07 I often worry that other people do not really care for me.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

08 I'm afraid that other people may abandon me.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

09 I worry that others won't care about me as much as I care about them.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

Keep this page private. Score only if all nine responses are valid numbers from 1 to 7.

Mother

Think about your mother or a mother-like figure. If deceased, you may recall how you felt when they were alive, if comfortable.

Optional section. You may skip it without explanation.

1 = Strongly disagree | 4 = Neither disagree nor agree | 7 = Strongly agree

01 It helps to turn to this person in times of need.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

02 I usually discuss my problems and concerns with this person.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

03 I talk things over with this person.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

04 I find it easy to depend on this person.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

05 I don't feel comfortable opening up to this person.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

06 I prefer not to show this person how I feel deep down.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

07 I often worry that this person doesn't really care for me.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

08 I'm afraid that this person may abandon me.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

09 I worry that this person won't care about me as much as I care about him or her.

☐	☐	☐	☐	☐	☐	☐
1	2	3	4	5	6	7

Keep this page private. Score only if all nine responses are valid numbers from 1 to 7.

Father

Think about your father or a father-like figure. If deceased, you may recall how you felt when they were alive, if comfortable.

Optional section. You may skip it without explanation.

1 = Strongly disagree | 4 = Neither disagree nor agree | 7 = Strongly agree

01 It helps to turn to this person in times of need.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

02 I usually discuss my problems and concerns with this person.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

03 I talk things over with this person.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

04 I find it easy to depend on this person.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

05 I don't feel comfortable opening up to this person.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

06 I prefer not to show this person how I feel deep down.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

07 I often worry that this person doesn't really care for me.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

08 I'm afraid that this person may abandon me.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

09 I worry that this person won't care about me as much as I care about him or her.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

Keep this page private. Score only if all nine responses are valid numbers from 1 to 7.

Partner

Think about your current partner; otherwise your most recent meaningful romantic relationship; if none, an imagined relationship.

Optional section. You may skip it without explanation.

1 = Strongly disagree | 4 = Neither disagree nor agree | 7 = Strongly agree

01 It helps to turn to this person in times of need.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

02 I usually discuss my problems and concerns with this person.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

03 I talk things over with this person.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

04 I find it easy to depend on this person.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

05 I don't feel comfortable opening up to this person.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

06 I prefer not to show this person how I feel deep down.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

07 I often worry that this person doesn't really care for me.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

08 I'm afraid that this person may abandon me.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

09 I worry that this person won't care about me as much as I care about him or her.

(1)	(2)	(3)	(4)	(5)	(6)	(7)
-----	-----	-----	-----	-----	-----	-----

Keep this page private. Score only if all nine responses are valid numbers from 1 to 7.

Best friend

Think about the person you regard as your best friend.

Optional section. You may skip it without explanation.

1 = Strongly disagree | 4 = Neither disagree nor agree | 7 = Strongly agree

01 It helps to turn to this person in times of need.

① ② ③ ④ ⑤ ⑥ ⑦

02 I usually discuss my problems and concerns with this person.

① ② ③ ④ ⑤ ⑥ ⑦

03 I talk things over with this person.

① ② ③ ④ ⑤ ⑥ ⑦

04 I find it easy to depend on this person.

① ② ③ ④ ⑤ ⑥ ⑦

05 I don't feel comfortable opening up to this person.

① ② ③ ④ ⑤ ⑥ ⑦

06 I prefer not to show this person how I feel deep down.

① ② ③ ④ ⑤ ⑥ ⑦

07 I often worry that this person doesn't really care for me.

① ② ③ ④ ⑤ ⑥ ⑦

08 I'm afraid that this person may abandon me.

① ② ③ ④ ⑤ ⑥ ⑦

09 I worry that this person won't care about me as much as I care about him or her.

① ② ③ ④ ⑤ ⑥ ⑦

Keep this page private. Score only if all nine responses are valid numbers from 1 to 7.