

Two scores, one domain at a time

Keep this guide and your response sheets. You do not need to share them.

Check completeness first.

For each domain, all nine responses must be single numbers from 1 to 7. If any response is missing, invalid, or unclear, record NA for both scores. Do not impute, substitute, or average only the completed items.

Calculate two separate means

Avoidance = $[(8 - R1) + (8 - R2) + (8 - R3) + (8 - R4) + R5 + R6] / 6$

Anxiety = $[R7 + R8 + R9] / 3$

R1 means your original response to item 1 in the current domain. The formula already reverses items 1-4; enter your original answers, not answers you have reversed in advance. Repeat the calculation independently for General, Mother, Father, Partner, and Best friend. General is scored from its own nine answers. Keep full precision for calculations; display up to two decimals.

Worked example

Original responses: **6, 5, 7, 4, 2, 3, 5, 4, 3**

After reversing items 1-4: **2, 3, 1, 4, 2, 3, 5, 4, 3**

Avoidance = $(2 + 3 + 1 + 4 + 2 + 3) / 6 = \mathbf{2.50}$

Anxiety = $(5 + 4 + 3) / 3 = \mathbf{4.00}$

My private score table

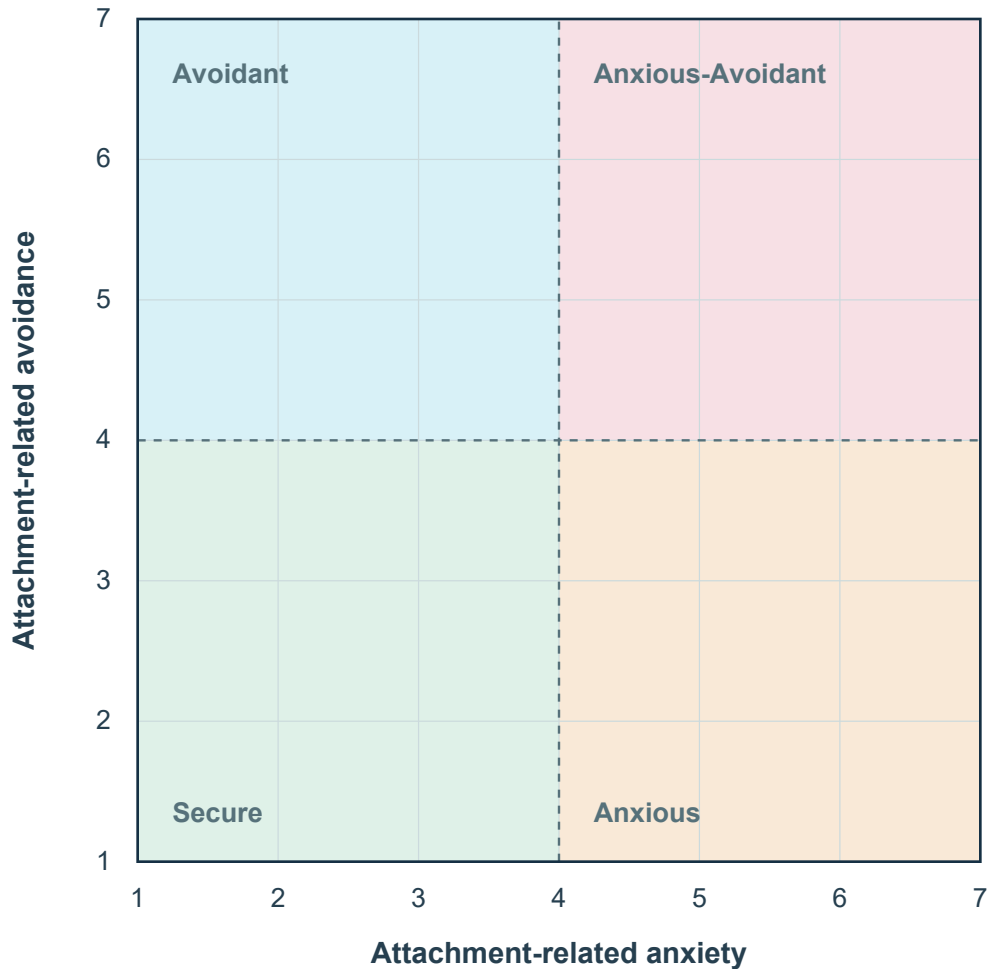
Domain	Anxiety (x)	Avoidance (y)
General		
Mother		
Father		
Partner		
Best friend		

Enter NA in both columns for any skipped or incomplete domain.

Place your scores on the map

Plot only domains with two valid scores. Use initials G, M, F, P, and B to label them.

For each domain, move across to its **anxiety** score (x), then up to its **avoidance** score (y). Example: anxiety 4.00 and avoidance 2.50 gives the point (4.00, 2.50). Do not plot NA.



The dashed lines at 4 are response-scale midpoint guides. They are **not validated diagnostic thresholds**. The colored regions and prototype names are teaching aids; a point on a line needs no category. Read your exact scores and context, not a hard label.

Optional group contribution: only if you explicitly opt in, submit the ten score fields above (NA where appropriate) and a timestamp. Keep item responses and personal details private.

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

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

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