

Interpersonal Relationships Questionnaire

This questionnaire will ask you to respond to a number of statements. You are asked to read each statement carefully, and then think about whether the statement applies to you or does not apply to you. Then circle the number that best describes how much you agree with the statement.

CLASS A: ASSERTION OF NEEDS (IDENTIFICATION & EXPRESSION)

For the following statements, the term *needs* is used to stand for anything that you want including making requests for social support, or other needs you may have that are more practical.

	Strongly	Moderately	Mildly	Mildly	Moderately	Strongly
	Disagree			Agree		
1. I have problems getting my needs met.	1	2	3	4	5	6
2. I get my needs met as soon as I ask.	6	5	4	3	2	1
3. I know when I need help or support from other people.	6	5	4	3	2	1
4. I realize that I need help in a particular situation <u>after</u> the situation has passed.	1	2	3	4	5	6
5. I do not know how to put my needs into words.	1	2	3	4	5	6
6. I am able to identify the kind of help or social support I need from other people.	6	5	4	3	2	1
7. I have trouble recognizing when I can ask another person for something.	1	2	3	4	5	6
8. When I need something, I ask for it as soon as I need it.	6	5	4	3	2	1
9. I can identify people who are willing and able to help me with my needs.	6	5	4	3	2	1
10. When I need help or social support, I will ask a close friend or family member.	6	5	4	3	2	1
11. I will ask a stranger or casual acquaintance for advice about a personal situation.	1	2	3	4	5	6
12. I avoid asking people for help in meeting my needs.	1	2	3	4	5	6
13. I start to ask another person for something, then withdraw my request.	1	2	3	4	5	6
14. I am willing to accept assistance from someone once the person has agreed to help me.	6	5	4	3	2	1
15. When someone notices that I need assistance, I deny that I need any help.	1	2	3	4	5	6
16. People do not respond when I ask for help or social support.	1	2	3	4	5	6
17. I express my needs subtly, for example, by hinting at what I need.	1	2	3	4	5	6
18. When I ask for assistance, people understand what I need.	6	5	4	3	2	1
19. In a relationship, I give a lot of emotional support, but do not get much support from the other person.	1	2	3	4	5	6
20. People tell me that I ask for things too often.	1	2	3	4	5	6
21. People don't like the way I ask for things.	1	2	3	4	5	6

CLASS B: BIDIRECTIONAL COMMUNICATION (IMPACT and FEEDBACK)

These statements describe how you impact or affect other people, how you give and respond to feedback. *Feedback* refers to the responses and reactions to your behavior or the behavior of others. *Feedback* is not just information provided in formal evaluations (i.e., in a work setting), it is the information from others that lets us know how we are doing. It may be verbal (expressed in words) or nonverbal (e.g., facial expressions).

	Strongly	Moderately	Mildly	Mildly	Moderately	Strongly
	Disagree			Agree		
1. I have problems receiving feedback from other people.	1	2	3	4	5	6
2. I have problems giving feedback to other people.	1	2	3	4	5	6
3. It is hard for me to identify when people are giving me feedback about my behavior.	1	2	3	4	5	6
4. When I am interacting with another person, I am not sure how I affect them.	1	2	3	4	5	6
5. I know when I am having an unpleasant impact on others.	6	5	4	3	2	1
6. The feedback I get from others seems accurate to me.	6	4	2	2	4	6
7. I carefully consider the source of feedback before changing my behavior.	6	5	4	3	2	1
8. I am able to identify situations when it would be constructive to provide feedback to another person.	6	5	4	3	2	1
9. I avoid situations when I might be provided with feedback, e.g., speaking up in class or at a meeting.	1	2	3	4	5	6
10. If I am not certain about the impact I am having on a close friend, I will ask the friend to give me feedback.	6	5	4	3	2	1
11. When someone is giving me negative feedback, I shut down.	1	2	3	4	5	6
12. I am overly aware of the impact I have on others.	1	2	3	4	5	6
13. I am easily hurt or upset when negative feedback is given to me.	1	2	3	4	5	6
14. Regardless of whether feedback is positive or negative, I don't know how to respond to it.	1	2	3	4	5	6
15. I change my behavior in response to the feedback that I receive.	6	4	2	2	4	6
16. If someone gives me feedback, I believe it is <u>that</u> person's problem, not my problem.	1	2	3	4	5	6
17. When I realize I am having an unpleasant impact on someone, I try to ignore the person's discomfort.	1	2	3	4	5	6
18. If someone gives me feedback that I don't like, I do the opposite of what the person wants.	1	2	3	4	5	6
19. When people give me unfavorable feedback, I argue with them.	1	2	3	4	5	6
20. I do not provide feedback to another person if they are having an unpleasant impact on me.	1	2	3	4	5	6
21. When I tell people that their behavior is having a negative effect on me, they do not change what they are doing.	1	2	3	4	5	6
22. I am told that the feedback I give is excessive and too detailed.	1	2	3	4	5	6
23. When providing feedback to others, I respond in a way that is brief and specific.	6	5	4	3	2	1
24. I am told that when I provide feedback, I am too critical of the other person.	1	2	3	4	5	6
25. When I give feedback, I repeat my position several times.	1	2	3	4	5	6

CLASS C: CONFLICT

These statements describe how you identify and then deal with conflict that occurs between you and another person. Here, *conflict* refers to having disagreement, or an uncomfortable interaction with someone else. Although conflict can sometimes come before violence, in these questions *conflict* does NOT refer to violence. It is very important to avoid and stop violent interactions with others.

	Strongly	Moderately	Mildly	Mildly	Moderately	Strongly
	Disagree			Agree		
1. I have problems with conflict in my relationships.	1	2	3	4	5	6
2. I feel uncomfortable when I experience disagreement with another person.	1	2	3	4	5	6
3. I am aware when there is conflict with me and another person.	6	5	4	3	2	1
4. When another person is angry with me, I do not understand the problem between us.	1	2	3	4	5	6
5. I feel that there are times when it is beneficial to express disagreement in a relationship.	6	5	4	3	2	1
6. I get into conflict with others over things that do not seem to matter to them.	1	2	3	4	5	6
7. People tell me that I want to discuss conflict at inconvenient or inappropriate times.	1	2	3	4	5	6
8. I will engage in conflict with another person without considering who they are.	1	2	3	4	5	6
9. I <u>avoid</u> conflict at all costs.	1	2	3	4	5	6
10. In order to avoid conflict, I try to anticipate what the other person wants me to do.	1	2	3	4	5	6
11. I <u>withdraw</u> in the face of conflict, regardless of the circumstances.	1	2	3	4	5	6
12. After I voice a disagreement with another person, I immediately apologize for bringing up the issue.	1	2	3	4	5	6
13. When I am having conflict with another person, I ask what I can do to make things better between us.	6	4	2	2	4	6
14. I am successful at resolving conflict with others.	6	5	4	3	2	1
15. When I have a disagreement with another person, I explain repeatedly why I think I am right.	1	2	3	4	5	6
16. During an argument, I am careful to avoid hurting the other person's feelings.	6	4	2	2	4	6
17. I approach solutions to conflict directly, clearly communicating what can be done to resolve our differences.	6	5	4	3	2	1
18. I express anger indirectly, for example, by not speaking to the other person.	1	2	3	4	5	6
19. People say I am not willing to compromise when there is a conflict.	1	2	3	4	5	6
20. When I am arguing with someone, the argument goes on for a long time.	1	2	3	4	5	6
21. During an argument, I feel more connected and close to the other person.	1	2	3	4	5	6
22. When I am arguing with someone, the argument becomes more intense as time goes on.	1	2	3	4	5	6
23. I deliberately upset the other person during an argument.	1	2	3	4	5	6

CLASS D: DISCLOSURE and INTERPERSONAL CLOSENESS

These statements describe how you may disclose, or talk about, yourself or your experiences with other people. Statements also describe your feelings about interpersonal closeness. Interpersonal closeness simply refers to being “connected to, “close with,” or “good friends with” another person. This kind of closeness may occur with friends, family, or romantic partners, but typically does not occur with casual acquaintances, such as neighbors or classmates that you seldom encounter. Interpersonally close relationships are those that involve telling others how we feel, being understood by another person, and appreciating others and their needs

	Strongly	Moderately	Mildly	Mildly	Moderately	Strongly
	Disagree			Agree		
1. I have problems being close with others.	1	2	3	4	5	6
2. I have had one or more close relationships.	6	5	4	3	2	1
3. I am not able to identify when it would benefit me to share my experiences with another person.	1	2	3	4	5	6
4. I am aware when it is appropriate to ask people about their experiences.	6	5	4	3	2	1
5. I will share personal information with a stranger or casual acquaintance.	1	2	3	4	5	6
6. I will talk about myself and my experiences with only a small and select group of people.	1	2	3	4	5	6
7. When friends ask me about how I am doing, I choose not to tell them.	1	2	3	4	5	6
8. I feel the need to keep secrets from people who are close to me.	1	2	3	4	5	6
9. I talk about myself and my experiences with other people.	6	5	4	3	2	1
10. I feel it is best <u>not</u> to talk about my own experiences with anyone.	1	2	3	4	5	6
11. I start to talk about what I am going through, and then decide it is better to keep my feelings to myself.	1	2	3	4	5	6
12. I have told people about my problems, and then wished that I hadn't.	1	2	3	4	5	6
13. Close relationships are important to me.	6	5	4	3	2	1
14. I do not want to share things about myself with others.	1	2	3	4	5	6
15. I ask other people to tell me about their feelings and their experiences.	6	5	4	3	2	1
16. I have difficulty making conversation with people.	1	2	3	4	5	6
17. When I talk about my experiences, people clearly understand what I am telling them.	6	5	4	3	2	1
18. After I share something personal about myself, I downplay the importance of what I've disclosed.	1	2	3	4	5	6
19. I exaggerate my good points and brag about my skills and abilities.	1	2	3	4	5	6
20. People say that I talk about myself in a way that downplays my good qualities.	1	2	3	4	5	6
21. I am told that I talk too much about myself.	1	2	3	4	5	6
22. People tell me that when I talk about my own experience, I share information that is too personal.	1	2	3	4	5	6
23. I listen to others and offer them support.	6	5	4	3	2	1
24. I am told that in relationships, I ask for a lot of emotional support, but provide little support to the other person.	1	2	3	4	5	6

CLASS E: EMOTIONAL EXPERIENCE and EXPRESSION

The following statements describe how you identify and then express your feelings. The term “emotional experience” means all types of emotions or feelings that you have, not just the “negative” feelings like sadness, anxiety, loneliness, etc. These feelings also include love, pride, joy, humor, etc. Feelings may occur in the moment as you experience an event or interaction, or they may occur afterwards, like when you remember something.

	Strongly	Moderately	Mildly	Mildly	Moderately	Strongly
	Disagree			Agree		
1. I have problems with my emotions.	1	2	3	4	5	6
2. I have problems identifying what I am feeling.	1	2	3	4	5	6
3. I am aware of my feelings and emotional experiences as they are happening.	6	5	4	3	2	1
4. I fail to notice my emotions during an experience, but become aware of them when I look back at the event.	1	2	3	4	5	6
5. I can tell the difference between one emotion and another.	6	5	4	3	2	1
6. My emotional responses make sense to me when I consider the circumstances.	6	5	4	3	2	1
7. I express my emotions at appropriate times and places.	6	5	4	3	2	1
8. I will talk about my feelings in any situation.	1	2	3	4	5	6
9. I intentionally hide my feelings.	1	2	3	4	5	6
10. I try not to feel certain emotions.	1	2	3	4	5	6
11. I avoid situations that might bring out strong feelings.	1	2	3	4	5	6
12. I allow myself to feel all emotions, even strong ones.	6	5	4	3	2	1
13. When I have an unpleasant emotion, I take immediate action to stop feeling it.	1	2	3	4	5	6
14. I am able to put a name to what I am feeling.	6	5	4	3	2	1
15. I tell people that I am feeling one way, when I am actually feeling another way.	1	2	3	4	5	6
16. People tell me that my emotional expression is flat.	1	2	3	4	5	6
17. When I talk about how I am feeling, I use the same few words to describe my feelings.	1	2	3	4	5	6
18. People tell me that they want me to express my feelings more openly.	1	2	3	4	5	6
19. When I share my feelings with others, they do not react in the way that I expect.	1	2	3	4	5	6
20. I clearly communicate my emotions to people so that they know exactly how I feel.	6	5	4	3	2	1
21. People say that I talk about my feelings too much.	1	2	3	4	5	6
22. I express my emotions in an overly intense manner.	1	2	3	4	5	6
23. People don't like it when I talk about my emotions.	1	2	3	4	5	6
24. People are annoyed by the way that I express my emotions.	1	2	3	4	5	6