(321) Friends’ Differentiate of Self Inventory: Emotion Cutoff Scale

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|  | These are questions concerning your friends’ thoughts and feelings about themselves and relationships with others. Please read each statement carefully and decide how much the statement is generally true of your friends on a 1 (not at all) to 6 (very) scale. If you believe that an item does not pertain to your friends (e.g., they are not currently married or in a committed relationship, or one or both of their parents are deceased), please answer the item according to your best guess about what your friends’ thoughts and feelings would be in that situation. Be sure to answer every item and try to be as honest and accurate as possible in your responses. | Not at all true | Not true | Somewhat not true | Somewhat true | True | Very true |
| 1. | They tend to distance themselves when people get too close to them. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. | Their spouse/partner could not tolerate it if they were to express to him/her their true feelings about some things. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. | They are often uncomfortable when people get too close to them. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. | They are concerned about losing their independence in intimate relationships. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. | They often feel that their spouse/partner wants too much from them. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. | When one of their relationships becomes very intense, they feel the urge to run away from it. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. | When they are with their spouse/partner, they often feel smothered. | 1 | 2 | 3 | 4 | 5 | 6 |
| 8. | When things go wrong, talking about them usually makes it worse. | 1 | 2 | 3 | 4 | 5 | 6 |