(94) Differentiate of Self Inventory: Emotion Cutoff Scale

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|  | These are questions concerning your thoughts and feelings about yourself and relationships with others. Please read each statement carefully and decide how much the statement is generally true of you on a 1 (not at all) to 6 (very) scale. If you believe that an item does not pertain to you (e.g., you are not currently married or in a committed relationship, or one or both of your parents are deceased), please answer the item according to your best guess about what your 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. | I tend to distance myself when people get too close to me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 2. | My spouse/partner could not tolerate it if I were to express to him/her my true feelings about some things. | 1 | 2 | 3 | 4 | 5 | 6 |
| 3. | I’m often uncomfortable when people get too close to me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 4. | I’m concerned about losing my independence in intimate relationships. | 1 | 2 | 3 | 4 | 5 | 6 |
| 5. | I often feel that my spouse/partner wants too much from me. | 1 | 2 | 3 | 4 | 5 | 6 |
| 6. | When one of my relationships becomes very intense, I feel the urge to run away from it. | 1 | 2 | 3 | 4 | 5 | 6 |
| 7. | When I’m with my spouse/partner, I 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 |