

Name \_\_\_\_\_ Date \_\_\_\_\_

## Internal Working Model of Relationships: I (D)

**Instructions:** Consider each statement made below, and see if it fits something you yourself believe.

SA = Strongly Agree

A = Agree

N = Neutral

D = Disagree

SD = Strongly Disagree

1. It is scary to know someone intimately because then I might find out that I really am worthless.  
SA A N D SD
2. If my partner gets to know me well he (she) will discover that most people are better than me in some way.  
SA A N D SD
3. When I get close to someone I am afraid they will find out the true me and not like me.  
SA A N D SD
4. I expect rejection if I get too close.  
SA A N D SD
5. If someone finds out the real me that person will choose another.  
SA A N D SD
6. I don't believe it when people pay me a compliment  
SA A N D SD
7. I have rarely believed it when someone is proud of me.  
SA A N D SD
8. Who is going to value my being proud of them?  
SA A N D SD
9. If I showed him (or her) I admired him (or her) he (or she) would just make fun of me.  
SA A N D SD
10. I don't want to keep giving because it probably will turn him (or her) off.  
SA A N D SD
11. My partner will find me repulsive if I keep being too nice.  
SA A N D SD

12. I don't believe that I will ever be truly loved for who I am.  
SA A N D S D

13. I don't think that anyone can really find me attractive  
SA A N D S D

14. I don't think that anyone can really find me interesting.  
SA A N D S D

15. I don't think anyone really truly cares about me.  
SA A N D S D

16. I always expect people to revert to true selfishness, that's human nature.  
SA A N D S D

17. As soon as my partner is nasty, I have trouble remembering all the past nice things he or she did.  
SA A N D S D

18. No matter how much you do for your spouse, they will always want more.  
SA A N D S D

19. As soon as I am in a bad mood and show it, my partner's love for me will disappear  
SA A N D S D

20. I tend to focus on people's flaws.  
SA A N D S D

21. I see mostly the dark side of human nature.  
SA A N D S D

22. I find it hard to believe that someone will overlook my own faults.  
SA A N D S D

23. No one has really ever truly accepted me.  
SA A N D S D

24. When I get upset, I find it hard to be gentle.  
SA A N D S D

25. I usually come on too harshly with my complaints.  
SA A N D S D

26. When my partner complains in a nice way, I find it hard to respond.  
SA A N D S D

27. I don't believe it when my partner is upset and is still being nice.  
SA A N D S D

28. I am never very good at persuading my partner that I am right.  
SA A N D S D

29. Why try to be persuasive when you will only fail?  
SA A N D S D

30. I find it hard to give in once I have made up my mind.

SAAN D SD

31. I can be very stubborn, but I think it's necessary.

SAAN D SD

32. I am not good at being able to make things better between us once they have gone sour.

SAAN D SD

33. When I am upset I can't think of how to make it better.

SAAN D SD

34. When I am in a bad mood, it's hard for me to let someone try to make things better.

SAAN D SD

35. My partner's attempts to repair things between us usually seem hollow to me.

SAAN D SD

36. I have a lot of trouble calming down when I am upset.

SAAN D SD

37. I can nurse a bad mood or grudge for a long time and can't get myself out of it.

SAAN D SD

38. When my spouse is upset, I am no good at calming him (or her) down.

SAAN D SD

39. I am not good at creating peace once it is gone.

SAAN D SD

40. I am not very likely to think of some way of compromising.

SAAN D SD

41. When we disagree, I find myself sticking to my guns.

SAAN D SD

42. When someone suggests compromise, I get even more stubborn.

SAAN D SD

43. When my partner suggests that I give in a little if he (she) will, I simply refuse to budge.

SAAN D SD

44. If my partner wants things in life that are different from what I want, I feel lonely and abandoned.

SAAN D SD

45. I think it's a bad sign if you and your partner are different in what you want out of life.

SAAN D SD

46. I want my marriage to support my interests even if they are not my spouse's interests.

SAAN D SD

47. I think it's healthy to develop my own dreams and interests in life, different from my spouse's.

SA A N D SD

Total Score: For each item tally SA=4, A=3, N=2, D=1, SD=0.