Class Exercise – Getting to Know Someone - Post

# Background Information

Please answer a few background questions.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| Today’s date: |  |  |  |  |  |
| My class alias: |  |  |  |  |  |

Attachment Style

# Your relationship with your classmate

Please read each of the following statements and rate the extent to which you believe each statement best describes your feelings about **your relationship with your classmate**.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | Not Sure | Agree | Strongly Agree |
| 1. It helps to turn to this person in times of need. | ❑ | ❑ | ❑ | ❑ | ❑ |
| 2. I usually discuss my problems and concerns with this person. | ❑ | ❑ | ❑ | ❑ | ❑ |
| 3. I talk things over with this person. | ❑ | ❑ | ❑ | ❑ | ❑ |
| 4. I find it easy to depend on this person. | ❑ | ❑ | ❑ | ❑ | ❑ |
| 5. I don't feel comfortable opening up to this person. | ❑ | ❑ | ❑ | ❑ | ❑ |
| 6. I prefer not to show this person how I feel deep down. | ❑ | ❑ | ❑ | ❑ | ❑ |
| 7. I often worry that this person doesn't really care for me. | ❑ | ❑ | ❑ | ❑ | ❑ |
| 8. I'm afraid that this person may abandon me. | ❑ | ❑ | ❑ | ❑ | ❑ |
| 9. I worry that this person won't care about me as much as I care about him or her. | ❑ | ❑ | ❑ | ❑ | ❑ |

Personality Traits

# How do you see your classmate?

Please read each of the following statements and rate the extent to which you believe each statement best describes **your classmate**.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | Not Sure | Agree | Strongly Agree |
| 1. Extraverted, enthusiastic | ❑ | ❑ | ❑ | ❑ | ❑ |
| 2. Critical, quarrelsome | ❑ | ❑ | ❑ | ❑ | ❑ |
| 3. Dependable, self-disciplined | ❑ | ❑ | ❑ | ❑ | ❑ |
| 4. Anxious, easily upset | ❑ | ❑ | ❑ | ❑ | ❑ |
| 5. Open to new experiences, complex | ❑ | ❑ | ❑ | ❑ | ❑ |
| 6. Reserved, quiet | ❑ | ❑ | ❑ | ❑ | ❑ |
| 7. Sympathetic, warm | ❑ | ❑ | ❑ | ❑ | ❑ |
| 8. Disorganized, careless | ❑ | ❑ | ❑ | ❑ | ❑ |
| 9 Calm, emotionally stable | ❑ | ❑ | ❑ | ❑ | ❑ |
| 10 Conventional, uncreative | ❑ | ❑ | ❑ | ❑ | ❑ |