Class Exercise – Getting to Know Someone

# Background Information

Please answer a few background questions.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |
| I am (please check one) | ❑male |  | ❑female |  |  |
| My age: |  |  |  |  |  |
| Today’s date: |  |  |  |  |  |
| My class alias: |  |  |  |  |  |
| My classmate’s alias: |  |  |  |  |  |

Attachment Style

# Relationships In General

Please read each of the following statements and rate the extent to which you believe each statement best describes your feelings about **close relationships in general**.

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

Attachment Style

# Your relationship with your mother

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 mother** or the person who functions as a mother-like figure for you.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 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. | ❑ | ❑ | ❑ | ❑ | ❑ |

❑ My mother is no longer living.

If your mother is no longer living, please feel free to skip these questions.

Attachment Style

# Your relationship with your father

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 father** or the person who functions as a father-like figure for you.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 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. | ❑ | ❑ | ❑ | ❑ | ❑ |

❑ My father is no longer living.

If your father is no longer living, please feel free to skip these questions.

Attachment Style

# Your relationship with your partner

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 partner (i.e., boyfriend, girlfriend, spouse)**.

If you are **not** currently in a dating or marital relationship with someone, answer these questions with respect to how you think you’ll feel the next time you begin dating someone.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 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. | ❑ | ❑ | ❑ | ❑ | ❑ |

❑ I am **not** currently in a dating or marital relationship.

❑ I am in a dating/marital relationship. My relationship has lasted approximately \_\_\_\_\_\_\_ months.

Attachment Style

# Your relationship with your best friend

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 best friend**. For the purpose of these ratings, please do not consider your dating/marital partner, if you are involved, your best friend.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 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. | ❑ | ❑ | ❑ | ❑ | ❑ |

\_\_\_\_ My best friends initials.

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 | ❑ | ❑ | ❑ | ❑ | ❑ |