

## How Lonely is Your Relationship?

Rate your answers to each question by circling a number from the scale listed below.

- |   | 1              | 2 | 3 | 4                 |
|---|----------------|---|---|-------------------|
|   | Strongly agree |   |   | Strongly disagree |
| 1. Our relationship is a lot lonelier than I thought it would be. | 1              | 2 | 3 | 4                 |
| 2. We're not as close as I wish we were.                          | 1              | 2 | 3 | 4                 |
| 3. I feel an emptiness in this relationship                       | 1              | 2 | 3 | 4                 |
| 4. I often feel bored when we do things together.                 | 1              | 2 | 3 | 4                 |
| 5. I feel very restless and sad even when we're together.         | 1              | 2 | 3 | 4                 |
| 6. Lots of times I don't know what to do with myself.             | 1              | 2 | 3 | 4                 |
| 7. At times I feel bored and restless in this relationship.       | 1              | 2 | 3 | 4                 |
| 8. I long for someone I can be close to.                          | 1              | 2 | 3 | 4                 |
| 9. I feel so lonely it hurts.                                     | 1              | 2 | 3 | 4                 |
| 10. Something is missing from my relationship.                    | 1              | 2 | 3 | 4                 |
| 11. I wish people would call me more often.                       | 1              | 2 | 3 | 4                 |
| 12. I often wish I had someone to be with.                        | 1              | 2 | 3 | 4                 |
| 13. I don't feel that I'm an important part of someone's life.    | 1              | 2 | 3 | 4                 |
| 14. I don't feel that I belong to anyone.                         | 1              | 2 | 3 | 4                 |
| 15. I often feel emotionally isolated.                            | 1              | 2 | 3 | 4                 |
| 16. I feel abandoned in this relationship                         | 1              | 2 | 3 | 4                 |
| 17. There is no one I can turn to.                                | 1              | 2 | 3 | 4                 |
| 18. I often feel left out.  | 1              | 2 | 3 | 4                 |
| 19. No one knows me.  | 1              | 2 | 3 | 4                 |
| 20. No one understands me.  | 1              | 2 | 3 | 4                 |
| 21. There is often no one I can talk to.                          | 1              | 2 | 3 | 4                 |
| 22. I often feel a great need for companionship.                  | 1              | 2 | 3 | 4                 |
| 23. I have become very withdrawn in this relationship.            | 1              | 2 | 3 | 4                 |
| 24. I feel disconnected.  | 1              | 2 | 3 | 4                 |