

# **relationship structures questionnaire**

your name \_\_\_\_\_

today's date \_\_\_\_\_

"The Relationship Structures Questionnaire (ECR-RS)" is a self-report instrument designed to assess attachment patterns in a variety of close relationships. The same 9 items are used to assess attachment styles with several different people, for example mother (or a mother-like figure), father (or a father-like figure), current (or a former) romantic partner, and best friend (or close friends more generally). With adaptations, the statements are also relevant to therapeutic relationships. The ECR-RS can also be used as a 9-item version of the 36-item "Experiences in Close Relationships Questionnaire – Revised (ECR-R)".

The statements below are about how you feel in emotionally intimate relationships. You can use them to assess how you tend to feel in close relationships generally, or to focus on a particular relationship or type of relationship. Using the 1 to 7 scale below, after each statement write a number to indicate how much you agree or disagree with the statement when applied to the relationship(s) you are looking at.

1                      2                      3                      4                      5                      6                      7

*strongly  
disagree*

*strongly  
agree*

In the questionnaire, "m" is for mother, "fa" for father, "p" for partner, "fr" for friend, and "th" for therapist

		<i><b>m</b></i>	<i><b>fa</b></i>	<i><b>p</b></i>	<i><b>fr</b></i>	<i><b>th</b></i>
1.	It helps to turn to this person in times of need (R)					
2.	I usually discuss my problems and concerns with this person (R)					
3.	I talk things over with this person (R)					
4.	I find it easy to depend on this person (R)					
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					
	<b>average avoidance:</b> items 1 to 6, with 1 to 4 reverse scored					
	<b>average anxiety:</b> items 7 to 9					

When reverse scoring items 1 to 4, take the score you have written and subtract it from 8.

You can now transfer these scores to the companion "ECR-R/RS Dimensions Diagram" (over the page) to assess whether the current picture is one of security, preoccupation, dismissal, or fearful-avoidance.

Fraley, R., Heffernan, M., et al (2011). *The Experiences in Close Relationships-Relationship Structures questionnaire: A method for assessing attachment orientations across relationships*. Psychological Assessment, 23, 615-625.

The full text of the above paper, details of this "ECR-RS" questionnaire and a wealth of other helpful resources are freely downloadable from Prof Chris Fraley's website at <http://internal.psychology.illinois.edu/~rcfraley/index.htm>