"I Want the Fairy Tale": How Romantic Short Films and Attachment Affect Romantic

Beliefs

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Abstract

Romantic films have impacted popular culture with famous scenes and quotable lines that fuel fans' expectations for their own relationships. With the increase of streaming services, romantic media is more accessible. Because of this, it is important to understand how idealistic or realistic romances affect romantic beliefs. Because of its effect on relationships, it is also important to examine how attachment might moderate romantic beliefs. In the current study, I examined whether viewing an idealistic or a realistic short film would affect romantic beliefs and whether attachment relates to romantic beliefs. The results show no significant difference in romantic beliefs between the two film conditions, although avoidance, but not anxiety, was a significant predictor of romantic beliefs. Overall, the results of the current study show no significant difference in romantic beliefs between the idealistic and realistic films, but there was a statistically significant correlation between avoidance attachment and romantic beliefs.

Keywords: romantic beliefs, avoidant attachment, anxious attachment, idealistic romance, realistic romance, romantic short films

"I Want the Fairy Tale": How Romantic Short Films and Attachment Affect Romantic Beliefs

Clumsy meet-cutes, rain-soaked kisses, mad dashes to the airport, and grand declarations of love are common tropes seen in romantic films that people may fantasize about experiencing in real life. Romantic films have become a huge part of popular culture, with quotable lines such as "You had me at hello" from *Jerry Maguire* (1996) or "I want the fairy tale" from *Pretty Woman* (1990)*,* as well as famous scenes worthy of re-enactment, such as the cue card love declaration from *Love Actually* (2003) or the boombox serenade from *Say Anything* (1989). With the increasing popularity of online streaming services such as Netflix, Hulu, Amazon Prime, and Vudu, it has become even easier for people to immerse themselves in a dreamy love story. With the advancement of technology and the widespread use of smartphones, people can literally hold idealistic romances in the palms of their hands. Because of the media's continuing influence on society, it is important to understand how idealistic or realistic portrayals of romance perpetuated by media such as films and television, may affect romantic relationships. Additionally, romantic attachment, with its associations with different relationship outcomes, may also relate to the endorsement of romantic beliefs maintained by media portrayals. Because of the ease in accessing romantic media, it is also important to understand how the amount of exposure to idealistic or realistic content might affect romantic beliefs, and how an anxious or avoidant attachment might moderate that effect.

According to Sprecher and Metts (1989), romantic beliefs include "love at first sight," "the one and only," "love finds a way," and "idealization." A belief in "love at first sight" is believing that love can develop without any prior interaction. A belief in "the one and only" is believing that people have only one person or soulmate that they can truly love. A belief that

"love finds a way" is believing that love can overcome barriers and obstacles that might lead to a breakup. Finally, a belief in "idealization" is believing that one's true love will be perfect. Although these beliefs might serve the plot of a romantic fantasy, they can potentially be problematic for real relationships. If people have a higher endorsement of romantic beliefs, they may also have higher expectations in their own relationships, which their partners may struggle to meet. Kurdek (1992) found that faulty standards, or irrational beliefs, about how people and relationships should be were related to relationship dissatisfaction among both heterosexual and homosexual couples. Haferkamp (1994) similarly found that dysfunctional beliefs were negatively correlated with marital satisfaction. A difficulty in meeting unrealistic expectations and beliefs perpetuated by films and television is associated with strain and conflict in a relationship, which can potentially lead to its dissolution.

Several studies have investigated how various forms of media affect romantic beliefs. One form of media that has been examined is romantic films. Hefner (2018) randomly assigned participants to view either an idealistic romantic comedy film (the 2005 film *Hitch* or the 1999 film *The Story of Us*), a realistic romantic comedy film (the 2006 film *The Breakup* or the 2009 film *500 Days of Summer*) , or a control film and later assessed participants' endorsement of romantic beliefs. She found that the idealistic content led to stronger romantic beliefs than realistic content did. Other research on romantic films by Hefner and Wilson (2013) examined viewers' motivation for watching romantic films and found that individuals who watched romantic comedy films with a motivation to learn (e.g. to learn about themselves or others) reported stronger endorsement of romantic ideal beliefs than those who did not watch to learn. Additional research on romantic films by Galloway, Engstrom, and Emmers-Sommer (2015) examined the frequency of viewing romantic films and found that individuals who frequently

viewed and preferred romantic comedies and dramas were more likely to endorse beliefs that love conquers all and were more likely to have greater expectations for intimacy.

Other research has examined how exposure to romantic television can affect romantic beliefs. Lippman, Ward, and Seabrook (2014) researched the associations between exposure to different genres of romantic screen media and idealistic romantic beliefs, including reality TV, romance movies, and sit-coms. They found that the genres were associated with different romantic beliefs—exposure to romantic movies was associated with the belief that "love finds a way," exposure to reality TV was associated with "love at first sight," and heavier exposure to sit-coms was associated with a weaker belief in "idealization" and the "one and only." In another study on romantic television, Hefner (2015) found that viewing wedding reality TV was associated with greater endorsement of romantic beliefs, such as "love conquers all." Additionally, Segrin and Nabi (2002) found that viewing romantic genre programming, such as romantic comedies and soap operas, was associated with idealistic expectations about marriage. Reizer and Hetsroni (2014) and Haferkamp (1999) similarly found significant associations between television and soap opera viewing and dysfunctional relationship beliefs, such as a belief in sex differences, a belief in the importance of having a perfect sexual partner, and that partners cannot change themselves or the quality of their relationships.

In addition to romantic beliefs, attachment styles can also affect relationships. Attachment styles are based on the idea that love is an attachment process, in which affectionate bonds are formed between lovers, just as affectionate bonds were formed between infants and parents (Hazan & Shaver, 1987). Attachment styles (or variations in attachment) to romantic partners have been associated with different relationship outcomes. Hazan and Shaver (1987) found that adults with secure attachments to their romantic partners described their relationships as happy,

friendly, trusting, accepting, and supportive. Their relationships also tended to last longer. Adults with avoidant attachments to their partners described relationships characterized by fear of intimacy, emotional highs and lows, and jealousy. Adults with anxious/ambivalent attachments described their love as involving obsession and also expressed a desire for their partner to reciprocate their feelings. Their relationships are also characterized by emotional highs and lows, extreme sexual attraction, and jealousy. Because of how attachment styles and romantic beliefs perpetuated by the media can affect relationships, it is important to examine how these factors might relate to each other.

Previous research has examined how attachment style correlates to endorsement of romantic beliefs, though not in the context of exposure to romantic media. Sprecher, Cate, and Levin (1998) reported a correlation between insecure attachment styles and less idealistic romantic beliefs. Stackert and Bursik (2003) found that individuals with insecure attachments endorsed more relationship-specific irrational beliefs than those with a secure adult attachment style. When specifically examining gender, Hart, Hung, Glick, and Dinero (2012) found that men with avoidant attachments tended to reject romanticism and be cynical about romance, while men with anxious attachments tended to endorse romanticism and be idealistic about romance. Hart, Glick, and Dinero (2013) also found that anxiously attached women tended to idealize romance, while women with avoidant attachments tended to reject romanticism. Although these studies examined how attachment style relates to romantic beliefs, they did not examine how exposure to romantic media might affect endorsement of those beliefs.

Although the previously mentioned studies do not examine the relationship between romantic media, romantic beliefs, and attachment styles, some research that examines all those factors does exist. Jin and Kim (2015) examined the relationship between attachment styles,

television drama viewing, and romantic beliefs. They found that television drama viewing was related to stronger romantic beliefs and anxious attachment was positively associated with television drama viewing. They also found that avoidant attachment was negatively related to television drama viewing and romantic beliefs, with more avoidance being associated with less romantic beliefs. Although this particular study examined how exposure to dramatic television might relate to endorsement of romantic beliefs and how attachment styles might mediate that relationship, one limitation of this study is that general TV dramas can present contradictory portrayals of romantic relationships, which may relate to ambivalent beliefs about romance. Viewing more specifically idealistic or realistic romantic media may be related to different levels of endorsement of romantic beliefs.

Although previous studies have examined how romantic films, reality television, and other forms of media have affected the endorsement of romantic beliefs, these studies primarily focused on the effects of longer exposure to these forms of media, which include viewing full-length films and viewing romantic television programming over periods of time. Previous research does not examine how exposure to a shorter form of romantic media, such as a short film, might affect endorsement of romantic beliefs. However, many individuals watch short content, with the average length of a video from the popular site YouTube being 11.7 minutes in 2018 (Clement, 2019). Previous studies have also examined how attachment style relates to the endorsement of romantic beliefs, but these studies have not examined the effects of exposure to specifically *romantic* media, as related to attachment style and the endorsement of romantic beliefs. In the current study, I examined whether viewing either an idealistic romantic short film or a realistic romantic short film would affect an individual's endorsement of romantic beliefs. I

also examined whether attachment styles relate to endorsement of romantic beliefs after viewing idealized or non-idealized short films.

I hypothesized that viewers of the idealistic romantic short film would report higher endorsement of romantic beliefs than those viewing the realistic romantic short film. This is based on the finding by Hefner (2018) that viewers of the idealistic romantic comedy reported higher endorsement of romantic beliefs than viewers of the realistic romantic comedy. I also hypothesized that individuals with anxious attachment styles will be more likely to endorse romantic beliefs after viewing the idealized film, while those with avoidant attachment styles will be more likely to reject romantic beliefs after viewing the idealized film. This is based on the finding by Stackert and Bursik (2003) that individuals with insecure attachments endorsed more relationship-specific irrational beliefs than those with a secure adult attachment style and the finding by Hart et al. (2012) that avoidant men tended to be cynical about romance, while anxious men tended to be idealistic about romance. Hart et al. (2013) also found that women with avoidant attachments tended to reject romanticism, while women with anxious attachments tended to idealize romance.

Methods

Participants

Forty-six undergraduate students at a private, Midwestern liberal arts college participated in this study. They were voluntarily recruited through an online signup sheet on the college's psychology research webpage. Participation in the study was limited to participants who were 18 years of age or older due to some mature language and suggestive subject matter present in the films. Participants' ages ranged from 18 to 22 years old, with a mean age of 19.60 ($SD = 1.36$).

The participants included 30 females and 16 males. Nineteen participants indicated that they were in a committed relationship; six participants indicated that they were casually dating, but not in a committed relationship; 13 participants indicated that they were single, but actively looking for a partner; and eight participants indicated that they were single and not actively looking for a partner. For participants in a committed relationship, the length of relationship ranged from one month to 90 months with a mean of 22.4 months. Twenty-five participants were randomly assigned to the realistic condition and 21 participants were randomly assigned to the idealistic condition. Participants received either course credit or extra credit for participation in the study.

Materials

Participants were randomly assigned to view either an idealistic romantic short film or a realistic romantic short film. The idealistic film, "Lonely Planet," (Rodo & Burunova, 2014) centers on an American travel guide writer named Julia who falls in love with Pau, a stranger she meets by chance in Barcelona, Spain. Pau challenges Julia to spend the three months that she is Spain with him, while living life to the fullest. This film portrays the idea of "love at first sight" during the couple's meeting and shows no serious conflicts in their relationships, except for Julia dealing with the knowledge that she will eventually have to leave Barcelona. However, the film's conclusion suggests that she returns to be with Pau. The film has a run-time of 23 minutes.

The realistic film, "Here is Now," (Lee & Lee, 2016) centers around Jessica, a 42-year-old woman who struggles to leave her husband, Michael, after he throws her a surprise birthday party, much to her dismay. The film shows Jessica reflecting on how her relationship with her husband has changed over the years. She remembers both the happy and difficult periods in their life together. The film portrays moments in which the couple is yelling or fighting, but also

shows happier moments from the beginning of their relationship. The film ends with Jessica telling Michael that she does not know how much longer she will stay with him, but that she is still with him at that moment. The film has a run-time of 17 minutes. Participants wrote a four to five sentence summary of the film they watched (to verify that they had paid attention) on a form that also recorded their age, gender, relationship status, and (if applicable) relationship length (see Appendix A).

The Romantic Beliefs Scale (Sprecher & Metts, 1989; see Appendix B) was used to measure participants' romantic beliefs. The Romantic Beliefs Scale assesses four types of romantic beliefs including "love conquers all," "soul mate/one and only," "idealization of one's partner," and "love at first sight." A sample item is "There will be only one real love for me," which assesses the belief in soul mates or the "one and only." Agreement with the scale's 15 items were rated on a 7-point Likert scale with 1 being *strongly disagree* and 7 being *strongly agree.* The scores for all 15 items were added together and a higher score indicates stronger romantic beliefs. Chronbach's alpha indicated good reliability, $a = .866$.

The Multi-Item Measure of Adult Romantic Attachment Scale (Brennan, Clark, & Shaver, 1998; see Appendix B), was used to measure attachment styles. It includes two 18-item subscales, including anxiety and avoidance. A sample item for the anxiety subscale is "I worry a lot about my relationships" and a sample item for the avoidance subscale is "I prefer not to be close to romantic partners." Agreement with the 36 total items is rated on a 5-point Likert scale with 1 being *strongly disagree* and 5 being *strongly agree.* Items that suggest comfort around people (e.g. "I feel comfortable depending on romantic partners") or items that suggest not feeling worried (e.g. "I do not worry about being abandoned") were reverse coded. The scores for the avoidance subscale (the odd-numbered items) and the anxiety subscale (the even-

numbered items) were calculated by computing the mean of each of the scores. For the avoidance subscale, Chronbach's alpha indicated good reliability, $a = .914$. For the anxiety subscale, Chronbach's alpha indicated good reliability, $a = .904$.

Procedure

The study was conducted in a small research room with one table and one chair. Participants participated in the study individually. They were given a consent form detailing the basic procedure, risks, and benefits of the study and were told that they could discontinue participation at any time. If participants agreed, they signed the consent form and the experimenter continued with the study. Next, participants were told that they would view a short film and were randomly assigned to view either the idealistic short film or the realistic short film. The participants were left alone to view the film and were told to inform the experimenter when the film had concluded.

After participants finished watching the film and informed the experimenter, the experimenter gave them three forms to fill out, including the film summary/demographic form, the Multi-Item Measure of Adult Romantic Attachment Scale, and the Romantic Beliefs Scale. After participants finished the forms, they were told that they were done with the study and were thanked for participating.

Results

The scores for romantic beliefs for the sample were 4.50 on average ($SD = .996$). Anxiety scores were on average 2.72 ($SD = 1.03$), whereas avoidance scores were on average 4.01 ($SD= 1.13$). See Table 1 for information about romantic beliefs, anxiety, and avoidance between the two conditions.

In order to evaluate whether there were differences in romantic beliefs between the idealistic and realistic conditions, I ran an independent samples t-test that compared romantic beliefs between the two conditions. There was no evidence of a difference between the idealistic and realistic film conditions, $t(44) = 1.01$, $p = .317$, $d = 0.30$. In order to evaluate whether attachment style was related to romantic beliefs, I evaluated the correlations between romantic beliefs and both anxiety and avoidance. There was a statistically significant correlation between avoidance and romantic beliefs, $r = -.43$, $p = .003$. There was not a statistically significant correlation between anxiety and romantic beliefs, $r = .10$, $p = .522$.

In order to evaluate whether the condition moderated associations between attachment and romantic beliefs, I ran a linear regression with anxiety, avoidance, and condition predicting romantic beliefs. The overall model was statistically significant, $F(4,41) = 2.91$, $p = 0.033$, $R^2 = 0.221$. Specifically, avoidance was a significant predictor of romantic beliefs, $\beta = -.4397$, $p = .003$. However, neither anxiety nor condition was a significant predictor. Follow-up analyses indicated no interaction between avoidance and condition or between anxiety and condition in predicting romantic beliefs.

There were potential gender differences. Results of a supplementary analysis showed that males in the idealistic film condition had higher romantic belief scores than females in that condition, although this finding was only marginally statistically significant ($p = 0.094$). See Figure 1. The results also showed a difference regarding relationship status. Participants in a committed relationship showed higher levels of romantic beliefs than participants who were not in a relationship, $t(44) = 2.35$, $p = .02$, $d = .70$.

Discussion

In the current study, I examined whether viewing either an idealistic romantic short film or a realistic romantic short film would affect an individual's endorsement of romantic beliefs. The results show no significant difference in romantic beliefs between participants in the idealistic and realistic film conditions. The results did show a statistically significant correlation between avoidance and romantic beliefs, but no statistically significant correlation between anxiety and romantic beliefs. Avoidance was a significant predictor of romantic beliefs, but attachment did not moderate the association between condition and romantic beliefs.

These results did not support my hypothesis that participants in the idealistic film condition would report higher endorsement of romantic beliefs than those in the realistic film condition. These results also did not support my hypothesis that individuals with an anxious attachment would be more likely to endorse romantic beliefs, although there was a statistically significant negative correlation with avoidance and romantic beliefs, as predicted.

These results are also not consistent with previous research. Hefner (2018) found that participants that viewed an idealistic romantic comedy film reported higher endorsement of romantic beliefs than those who viewed a realistic romantic comedy film. In terms of attachment, these results are partially consistent with previous research since Hart et al. (2012) and Hart et al. (2013) found that both men and women with avoidant attachments tended to reject romanticism, while those with anxious attachments tended to idealize romance. Although the results are not consistent with previous findings on the relationship between anxious attachment and romantic beliefs, they are somewhat consistent with previous findings that an avoidance attachment relates to a rejection of romantic beliefs.

Although I did not state an explicit hypothesis for gender differences, a supplementary analysis showed gender differences such that males in the idealistic film condition reported

marginally statistically significantly higher romantic belief scores than women in the same condition. This is partially consistent with a previous finding by Hefner (2018) that males reported the strongest endorsement of romantic beliefs regardless if they had viewed an idealistic or realistic romantic film. Although I also did not state an explicit hypothesis regarding relationship status, results showed that individuals in committed relationships reported a stronger endorsement of romantic beliefs than those who were not in relationships.

There are several limitations to my study that could explain why my predictions were not held. One limitation is that I did not measure relationship satisfaction. It could be that even those in committed relationships who saw the realistic short film (which showed problems between a married couple) still had higher romantic beliefs because they felt satisfied in their current relationships. Even though the participants in the realistic condition recognized that the couple in the film were having problems in their relationship and that the wife was unhappy and wanted to leave the relationship, their scores on the Romantic Beliefs Scale were not significantly different from those in the idealistic condition. In fact, one participant, who was in a committed long-term relationship, wrote in the space provided for a four to five sentence summary (which was intended to verify that participants had paid attention to the films) a lengthy paragraph about how "overtime, [fights] happen in [relationships], but [partners] should help each other remember why [they] are both still here." It could be that even when recognizing the couple's problems in the realistic film, participants felt that those problems could be worked through if both partners put in the effort.

Another limitation in my study that relates to measurement is measuring life satisfaction, as Hefner (2018) had done in a similar study using full-length romantic films. Although I decided to omit measuring life satisfaction to focus my study on how attachment relates to

romantic beliefs, measuring life satisfaction might have provided a more complete picture of participants' endorsement of romantic beliefs. Hefner (2018) had previously found that the idealistic content led to stronger endorsement of romantic beliefs and greater life satisfaction. While the life satisfaction measure in that study was administered after participants viewed the film; measuring participants' life satisfaction before viewing either the realistic or idealistic film might have provided some insight into how previous life satisfaction relates to romantic beliefs scores. It could be that those with higher ratings of life satisfaction may be more inclined to endorse romantic beliefs.

Although my results suggest that avoidance is a significant predictor of romantic beliefs scores (with a negative correlation) and suggest a potential gender difference for romantic beliefs, these results may not be able to generalize to other populations due to my sample. Many participants were single and the relationship length for those in committed relationships ranged from one month to 90 months, with a mean of 22.4 months. These results would not necessarily generalize to older adults who have been in committed relationships for 10, 20, or even 50 years. Older participants who have been in relationships that had lasted decades may have different ratings of romantic beliefs. Older participants with longer-lasting relationships may be more likely to reject romantic beliefs, (since they may be more likely to have experienced problems in their relationships) rather than have scores that hovered in the middle, as suggested by the average RBS scores for both conditions in the current study. I also did not examine sexual orientation as a demographic, since the samples in previous research consisted of a majority of heterosexual participants, yielding no significant results relating to sexual orientation (Hefner, 2018; Hefner & Wilson, 2013). However, this is another limitation of my study, since explicitly examining sexual orientation and having a sample with participants who have more diverse

sexual orientations might yield different results. Because romantic beliefs may relate to more conventional ideas of relationships, it could be that individuals who do not identify as heterosexual may be more likely to reject romantic beliefs than those who do identify as heterosexual.

Although there were several limitations in my study, these limitations open up possibilities for future research. Future studies could examine how life satisfaction, relationship satisfaction, and attachment style relates to endorsement of romantic beliefs after viewing idealistic or realistic media. Future research could also involve varying the length of the romantic media (such as showing multiple episodes of a romantic television show or full-length romantic films). Future research could also use a more diverse and larger sample including a variety of ages, relationship statuses, relationship lengths, genders, and sexual orientations. A more diverse sample would provide better insight into whether differences in romantic belief scores may exist among people in these different groups.

Although the results of my study do not support my hypothesis that viewers of an idealistic romantic short film would be more likely to endorse romantic beliefs than viewers of a realistic romantic short film, do not support my hypothesis that individuals with anxious attachments would be more likely to endorse romantic beliefs, and only partially support my hypothesis that individuals with avoidant attachments would be more likely to reject romantic beliefs, the significance of this topic is still demonstrated by previous research (Haferkamp, 1994; Hefner, 2018; Kurdek, 1992). Although romantic media, such as films and television may simply be dismissed as a meaningless form of entertainment, the increasing consumption of the media that is facilitated through the widespread use of smartphones and streaming services is raising the potential for on-screen romances to inform what people believe about their own

relationships. Holding unrealistic beliefs about romance can create unrealistic and unattainable expectations in relationships, which can potentially lead to relationship dissatisfaction or dissolution. It is important to understand how something as far-reaching as romantic media can affect people's romantic beliefs, and I hope that future research can continue to examine even more ways romantic films and television can impact real-world relationships.

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Table 1: *Mean Scores of Each Condition*

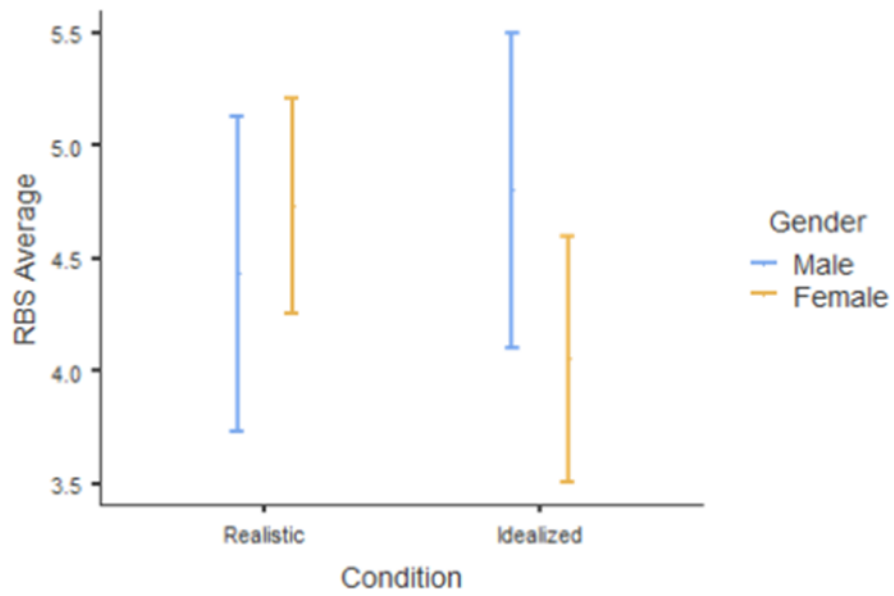|	Realistic Condition (N = 25) M(SD)	Idealized Condition (N = 21) M(SD)
Romantic Beliefs	4.63 (.878)	4.34 (1.172)
Avoidance	2.68 (.798)	2.77 (1.28)
Anxiety	4.28 (1.10)	3.68 (1.10)

Figure 1. RBS average based on condition and gender.

Appendix A

Please answer the following questions.

1. What is your age?

2. What is your gender?

3. What is your relationship status? (Circle one).

    a. Currently in a committed romantic relationship.

    b. Casually dating, but not in a committed romantic relationship.

    c. Single, but actively looking for a partner.

    d. Single and not actively looking for a partner.

4. (If applicable) how long have you been in your current relationship in months? (If not

    applicable, write N/A).

Please write a four to five sentence summary of the film you have just watched.

_____

_____

_____

_____

_____

_____

Appendix B

Indicate the extent to which you agree or disagree with each of the following beliefs. Use the following scale: Agree strongly = 7, Agree a good deal = 6, Agree somewhat = 5, Neither agree nor disagree = 4, Disagree somewhat = 3, Disagree a good deal = 2, Disagree strongly = 1.

_____ 1. I don't need to know someone for a period of time before I fall in love with him or her.

_____ 2. If I were in love with someone, I would commit myself to him or her even if my parents and friends disapproved of the relationship.

_____ 3. Once I experience "true love," I could never experience it again, to the same degree, with another person.

_____ 4. I believe that to be truly in love is to be in love forever.

_____ 5. If I love someone, I know I can make the relationship work, despite any obstacles.

_____ 6. When I find my "true love" I will probably know it soon after we meet.

_____ 7. I'm sure that every new thing I learn about the person I choose for a long-term commitment will please me.

_____ 8. The relationship I will have with my "true love'' will be nearly perfect.

_____ 9. If I love someone, I will find a way for us to be together regardless of the opposition to the relationship, physical distance between us or any other barrier.

_____ 10. There will be only one real love for me.

_____ 11. If a relationship I have was meant to be, any obstacles (for example, lack of money, physical distance, career conflicts) can be overcome.

_____ 12. I am likely to fall in love almost immediately if I meet the right person.

_____ 13. I expect that in my relationship, romantic love will really last; it won't fade with time.

_____ 14. The person I love will make a perfect romantic partner; for example, he/she will be completely accepting, loving, and understanding.

_____ 15. I believe if another person and I love each other we can overcome any differences and problems that may arise.

Appendix C

Multi-Item Measure of Adult Romantic Attachment

Experiences in Close Relationships

Instructions: The following statements concern how you feel in romantic relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by indicating how much you agree or disagree with it. Write the number in the space provided, using the following rating scale.

Disagree strongly			Neutral/mixed			Agree strongly
1	2	3	4	5	6	7

___ 1. I prefer not to show a partner how I feel deep down.

___ 2. I worry about being abandoned.

___ 3. I am very comfortable being close to romantic partners.

___ 4. I worry a lot about my relationships.

___ 5. Just when my partner starts to get close to me, I find myself pulling away.

___ 6. I worry that romantic partners won't care about me as much as I care about them.

___ 7. I get uncomfortable when a romantic partner wants to be very close.

___ 8. I worry a fair amount about losing my partner.

___ 9. I don't feel comfortable opening up to romantic partners.

___ 10. I often wish that my partner's feelings for me were as strong as my feelings for him/her.

___ 11. I want to get close to my partner, but I keep pulling back.

___ 12. I often want to merge completely with romantic partners, and this sometimes scares them

away.

___ 13. I am nervous when partners get too close to me.

___ 14. I worry about being alone.

____ 15. I feel comfortable sharing my private thoughts and feelings with my partner.

____16. My desire to be very close sometimes scares people away.

____ 17. I try to avoid getting too close to my partner.

____ 18. I need a lot of reassurance that I am loved by my partner.

____ 19. I find it relatively easy to get close to my partner.

____ 20. Sometimes I feel that I force my partners to show more feeling, more commitment.

____ 21. I find it difficult to allow myself to depend on romantic partners.

____ 22. I do not often worry about being abandoned.

____ 23. I prefer not to be too close to romantic partners.

____ 24. If I can't get my partner to show interest in me, I get upset or angry.

____25. I tell my partner just about everything.

____ 26. I find that my partner(s) don't want to get as close as I would like.

____ 27. I usually discuss my problems and concerns with my partner.

____ 28. When I'm not involved in a relationship, I feel somewhat anxious and insecure.

____ 29. I feel comfortable depending on romantic partners.

____ 30. I get frustrated when my partner is not around as much as I would like.

____ 31. I don't mind asking romantic partners for comfort, advice, or help.

____ 32. I get frustrated if romantic partners are not available when I need them.

____33. It helps to turn to my romantic partner in times of need.

____ 34. When romantic partners disapprove of me, I feel really bad about myself.

____ 35. I turn to my partner for many things, including comfort and reassurance.

____ 36. I resent it when my partner spends time away from me.