

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 I have become very withdrawn in this relationship.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 |