

Emotional Disengagement and Loneliness

Read each statement and fill in the appropriate TRUE or FALSE bubble.

	TRUE	FALSE
1. I often find myself disappointed in this relationship.	<input type="radio"/>	<input type="radio"/>
2. I have learned to expect less from my partner.	<input type="radio"/>	<input type="radio"/>
3. I will, at times, find myself quite lonely in this relationship.	<input type="radio"/>	<input type="radio"/>
4. It is hard for my deepest feelings to get much attention in this relationship.	<input type="radio"/>	<input type="radio"/>
5. I often try to avoid saying things I will later regret.	<input type="radio"/>	<input type="radio"/>
6. I feel like I have to be so careful, it is like walking on eggshells.	<input type="radio"/>	<input type="radio"/>
7. Suddenly, once again, I find I have said the wrong thing.	<input type="radio"/>	<input type="radio"/>
8. There is not much intimacy in this relationship right now.	<input type="radio"/>	<input type="radio"/>
9. Our relationship problems are not really solvable.	<input type="radio"/>	<input type="radio"/>
10. Sometimes our relationship feels empty to me.	<input type="radio"/>	<input type="radio"/>
11. This relationship is not quite what I expected, and I feel let down by it.	<input type="radio"/>	<input type="radio"/>
12. We are pretty separate and unconnected emotionally.	<input type="radio"/>	<input type="radio"/>
13. We don't really talk very deeply to each other.	<input type="radio"/>	<input type="radio"/>
14. There is not enough closeness between us.	<input type="radio"/>	<input type="radio"/>
15. I sometimes think I expect too much and should settle for less in my relationship.	<input type="radio"/>	<input type="radio"/>
16. I am coping with a lot of relationship stress, and I'm concerned it will not turn out okay.	<input type="radio"/>	<input type="radio"/>
17. I have adapted to a lot in this relationship, and I am not so sure it's a good idea.	<input type="radio"/>	<input type="radio"/>
18. There's certainly not much romance in this relationship.	<input type="radio"/>	<input type="radio"/>
19. I can't really say that we are very good friends right now.	<input type="radio"/>	<input type="radio"/>
20. I am lonely in this relationship.	<input type="radio"/>	<input type="radio"/>