

## **FIAT – Q - SF**

### **Interpersonal Relationships Questionnaire – Short Form**

This questionnaire will ask you to respond to a number of statements. You are asked to read each statement carefully, and then think about whether the statement applies to you or does not apply to you. Then circle the number that best describes how much you agree with the statement.

|   | Strongly | Moderately | Mildly | Mildly | Moderately | Strongly |
|---|----------|------------|--------|--------|------------|----------|
|   | Disagree |            |        | Agree  |            |          |
| 1. I do not want to share things about myself with others.  | 1        | 2          | 3      | 4      | 5          | 6        |
| 2. I intentionally hide my feelings.  | 1        | 2          | 3      | 4      | 5          | 6        |
| 3. I start to talk about what I am going through, and then decide it is better to keep my feelings to myself. | 1        | 2          | 3      | 4      | 5          | 6        |
| 4. When friends ask me about how I am doing, I choose not to tell them.                                       | 1        | 2          | 3      | 4      | 5          | 6        |
| 5. I feel the need to keep secrets from people who are close to me.   | 1        | 2          | 3      | 4      | 5          | 6        |
| 6. I have problems being close with others.   | 1        | 2          | 3      | 4      | 5          | 6        |
| 7. I have difficulty making conversation with people.   | 1        | 2          | 3      | 4      | 5          | 6        |
| 8. I avoid asking people for help in meeting my needs.  | 1        | 2          | 3      | 4      | 5          | 6        |
| 9. I deliberately upset the other person during an argument.  | 1        | 2          | 3      | 4      | 5          | 6        |
| 10. When I am arguing with someone, the argument goes on for a long time.                                     | 1        | 2          | 3      | 4      | 5          | 6        |
| 11. People say I am not willing to compromise when there is a conflict.                                       | 1        | 2          | 3      | 4      | 5          | 6        |
| 12. When I am arguing with someone, the argument becomes more intense as time goes on.                        | 1        | 2          | 3      | 4      | 5          | 6        |
| 13. When I have a disagreement with another person, I explain repeatedly why I think I am right.              | 1        | 2          | 3      | 4      | 5          | 6        |
| 14. If someone gives me feedback that I don't like, I do the opposite of what the person wants.               | 1        | 2          | 3      | 4      | 5          | 6        |
| 15. When people give me unfavorable feedback, I argue with them.  | 1        | 2          | 3      | 4      | 5          | 6        |
| 16. Close relationships are important to me.  | 6        | 5          | 4      | 3      | 2          | 1        |
| 17. I feel that there are times when it is beneficial to express disagreement in a relationship.              | 6        | 5          | 4      | 3      | 2          | 1        |
| 18. I listen to others and offer them support.  | 6        | 5          | 4      | 3      | 2          | 1        |
| 19. I ask other people to tell me about their feelings and their experiences.                                 | 6        | 5          | 4      | 3      | 2          | 1        |
| 20. I withdraw in the face of conflict, regardless of the circumstances.                                      | 1        | 2          | 3      | 4      | 5          | 6        |
| 21. I avoid conflict at all costs.  | 1        | 2          | 3      | 4      | 5          | 6        |

|  | Strongly | Moderately | Mildly | Mildly | Moderately | Strongly |
|--|----------|------------|--------|--------|------------|----------|
| 22. In order to avoid conflict, I try to anticipate what the other person wants me to do.              | 1        | 2          | 3      | 4      | 5          | 6        |
| 23. My emotional responses make sense to me when I consider the circumstances.                         | 6        | 5          | 4      | 3      | 2          | 1        |
| 24. I have problems with my emotions.  | 1        | 2          | 3      | 4      | 5          | 6        |
| 25. I can tell the difference between one emotion and another.   | 6        | 5          | 4      | 3      | 2          | 1        |
| 26. I have problems identifying what I am feeling.   | 1        | 2          | 3      | 4      | 5          | 6        |
| 27. I express my emotions at appropriate times and places.   | 6        | 5          | 4      | 3      | 2          | 1        |
| 28. People tell me that when I talk about my own experience, I share information that is too personal. | 1        | 2          | 3      | 4      | 5          | 6        |
| 29. People say that I talk about my feelings too much.   | 1        | 2          | 3      | 4      | 5          | 6        |
| 30. I am told that I talk too much about myself.   | 1        | 2          | 3      | 4      | 5          | 6        |
| 31. People are annoyed by the way that I express my emotions.  | 1        | 2          | 3      | 4      | 5          | 6        |
| 32. I express my emotions in an overly intense manner.   | 1        | 2          | 3      | 4      | 5          | 6        |