EFFECTS OF ONE’S LEVEL OF ANXIOUS ATTACHMENT AND ITS CORRELATES ON SATISFACTION WITH SELF-SACRIFICE AND RELATIONSHIP SATISFACTION

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EFFECTS OF ONE’S LEVEL OF ANXIOUS ATTACHMENT AND ITS CORRELATES ON SATISFACTION WITH SELF-SACRIFICE AND RELATIONSHIP SATISFACTION

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ABSTRACT

EFFECTS OF ONE’S LEVEL OF ANXIOUS ATTACHMENT AND ITS CORRELATES ON SATISFACTION WITH SELF-SACRIFICE AND RELATIONSHIP SATISFACTION

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Self-sacrifice is just one of the many behaviors one can engage in in order to appease his or her partner. However, there is variation across individuals in how satisfying this behavior is. Past research has found that satisfaction with self-sacrifice moderates the association between self-sacrifice and relationship satisfaction; a positive relationship exists between these constructs for those who are more satisfied with self-sacrificing. The goal of the current study was to examine what potential factors could impact one’s satisfaction with self-sacrifice, thus influencing the relationship between sacrificing behaviors and relationship satisfaction. While this study did not produce the desired results in terms of replicating past research or showing that an anxious attachment style has an impact on satisfaction with self-sacrifice, one of the correlates of an anxious attachment style, rejection sensitivity, was shown to be significantly related to one’s satisfaction with self-sacrifice.
ACKNOWLEDGEMENTS

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CHAPTER I
INTRODUCTION

There are many strategies partners can use when trying to sustain a relationship and please their partner. One such behavioral example of this is self-sacrifice, which, according to Van Lange et al. (1997), is defined as the “propensity to forego immediate self-interest to promote the well-being of a partner or relationship” (p. 1374). Depending on the motivations behind self-sacrificing and how worthwhile one feels sacrificing behavior is, this practice can be constructive or detrimental to couple functioning (Impett, Gable, & Peplau, 2005; Stanley, Whitton, Sadberry, Clements, & Markman, 2006). The relevance of one’s attitudes surrounding the sacrificing is particularly evident in research regarding satisfaction with self-sacrifice. For example, research has demonstrated a positive association between self-sacrifice and relationship satisfaction, in addition to one’s level of satisfaction with self-sacrifice having a moderating effect on the aforementioned relationship (Van Lange et al., 1997; Vangelisti, Reis, & Fitzpatrick, 2002). Specifically, Vangelisti and colleagues found that there is a significant positive association between self-sacrifice and relationship satisfaction when people are more satisfied with self-sacrificing; the opposite association exists for those low in satisfaction with self-sacrifice.

The association between self-sacrifice and relationship functioning is not impacted solely by one’s attitudes surrounding the behavior. For example, research has
demonstrated the impact an anxious attachment style has on the relationship between self-sacrifice and relationship satisfaction (Mattingly & Clark, 2012). Because individuals are known to possess varying dispositions, ways of approaching relationships, and attitudes regarding relationships, these individual differences should, ultimately, influence attitudes toward self-sacrificing (Feeny & Noller, 1990). However, to my knowledge, no one has investigated individual characteristics that might influence the degree to which one is satisfied with self-sacrifice, thus indirectly influencing the relationship between self-sacrifice and relationship satisfaction (Van Lange et al., 1997). Specifically, it is the examination of how individual factors (i.e., anxious attachment and its correlates) influence satisfaction with self-sacrificing behavior that merits attention, and, ultimately, how this satisfaction with self-sacrifice impacts the relationship between actual self-sacrificing behavior and relationship satisfaction.

**Self-Sacrifice**

Research has shown that self-sacrificing in relationships can have both positive and negative outcomes for the self-sacrificing individual, depending on the motives behind such sacrificing (Impett, Gable, & Peplau, 2005). Self-sacrificing behavior can stem from approach and avoidance motives, and separate outcomes are associated with each motive. Impett and colleagues found that, for those attempting to secure a positive outcome through approach self-sacrifice, there were fewer issues in relationships and those self-sacrificing felt more positive in general. Contrastingly, those attempting to avoid conflict and other negative outcomes, like dissatisfaction from a significant other,
will engage in avoidant self-sacrificing. The consequences experienced by those who self-sacrifice in such a manner include more negative feelings and both shorter and more conflicted relationships. Additionally, another variable that has proven to negatively affect relationship satisfaction and quality is whether there is emotional suppression during sacrificing (Impett et al., 2012). When a partner suppresses emotion during sacrificing, that partner experiences a reduction in positive emotions and satisfaction with life. Interestingly, the other partner is influenced by this suppression as well; when suppression occurs, there are more reported relationship issues and a collectively lower satisfaction with life.

An additional factor that not only influences relationship satisfaction but also the likelihood of self-sacrificing involves satisfaction with self-sacrificing behavior. Satisfaction with self-sacrifice refers to the extent to which one finds sacrificing worthwhile, irrespective of the actions themselves (Stanley & Markman, 1992). Van Lange et al. (1997) found that satisfaction with self-sacrifice is positively associated with rates of self-sacrificing. Vangelisti, Reis, and Fitzpatrick (2002) note similar patterns and also describe how satisfaction with self-sacrifice is related to more positive views of the relationship, in addition to more positive feelings towards the relationship. Further, support of the positive association between satisfaction and self-sacrificing was found by Stanley and Markman (1992). A more concrete example of this is the effect satisfaction with self-sacrifice has on marital outcomes (Stanley et al., 2006). It was discovered that more satisfaction with sacrifice in the early stages of marriage was indicative of more healthy, functioning, and pleasing marriages at both 1 and 2 years after initial assessment. Additionally, those who did not have high perceptions of sacrificing were noted to endure
more negative issues in their relationships, in conjunction with being more susceptible to experiencing depressive symptoms.

An important factor that is related to self-sacrificing is the level of commitment in a relationship. Commitment involves feelings toward relationships and investment in relationships (Van Lange et al., 1997). Higher levels of commitment are associated with greater self-sacrificing behavior. Reasons for this association include prolonging the relationship because of a dependency on the relationship and thinking about investing in the future of the relationship through the pleasing of one’s partner. Also relevant is that level of commitment has been related to how one feels about self-sacrificing behavior; higher levels of commitment are associated with not only an increase in self-sacrificing behavior, but also with more favorable attitudes towards such behavior due to an investment in the partner and the relationship (Stanley et al., 2006).

It is also believed that entering into a relationship can cause a shift in the focus of the individual (Mattingly & Clark, 2012). Prior to entering a relationship, individuals generally seek to please themselves, whereas, once entering into a relationship, the focus shifts to pleasing the partner and sustaining the relationship. This shift from focusing on the self to focusing on the relationship is said to be a “transformation of motivation” (Impett et al., 2005, p. 328). However, the transformation of motivation is contingent upon certain factors. If the interests align within a relationship, then a correspondence exists; however, when interests within a relationship do not align, a noncorrespondence is said to exist. If noncorrespondence occurs and an individual self-sacrifices by putting the interests of the relationship before his own, then the transformation of motivation has occurred. So, when interests within a relationship align, it is more difficult to discern the
level of investment in a relationship as there is likely little self-sacrificing behavior; however, when interests conflict, self-sacrificing behavior can be said to be more likely when an individual has had this transformation of motivation and places an emphasis on the partner and the relationship. An underlying importance here lies within how individuals view, interpret, and approach relationships

**Attachment Style and Self-Sacrifice**

What one expects and desires from a relationship can be impacted by one’s attachment style, which can also be a determinant of how meaningful a relationship is to an individual (Feeny & Noller, 1990). More specifically, these beliefs are often referred to as working models of relationships as they give individuals guidelines about how to respond in relationships and expectations about how others should behave in a relationship (Impett & Gordon, 2010). These working models are developed and formed through early interactions with caretakers (Feeny & Noller, 1990).

Attachment styles have been classified in a variety of ways. Feeny and Noller (1990) delineate three attachment styles: secure, anxious-ambivalent, and avoidant. Those securely attached express more trust in others; further, a secure attachment style is cultivated when a child has an attentive caregiver (Impett & Gordon, 2010). The anxious-ambivalent attachment style is marked by difficulties trusting within relationships, placing a strong emphasis on relationships, and desiring a high level of commitment in relationships (Feeny & Noller, 1990). Finally, the avoidant attachment style is characterized by difficulties trusting people as well as a general tendency to
disengage from others. The preceding two insecure attachment styles are assumed to be cultivated in childhood through interactions with caregivers who are inattentive and negligent (Impett & Gordon, 2010).

Another classification system of attachment style describes individuals based on how high or low they fall on the dimensions of attachment anxiety and avoidance (Mattingly & Clark, 2012). Low levels on each dimension procure a secure attachment very similar to the previously mentioned secure attachment style. Those high in anxiety and low in avoidance are labeled as preoccupied, and are sensitive to the health of the relationship much like those having an anxious attachment style. Further, those low in anxiety and high in avoidance are described as dismissive. Much like the avoidant attachment style, dismissive people tend to stray from intimate relationships. Finally, high levels in both categories lead to the unique category of fearful attachment. Fearful attachment is indicative of not trusting others and being distant; yet, it is also indicative of a fear of being dismissed by others.

As self-sacrificing and attachment styles both share relational components, their interaction is something further to consider. Mattingly and Clark (2012) found that attachment style affected motives behind self-sacrificing. Those high in anxious attachment, being fearful about the dissolution of a relationship, self-sacrificed more than those high in avoidant attachment and for both approach and avoidance reasons. Not surprisingly, those high in avoidance self-sacrificed for avoidant reasons, suggesting that they are not concerned with bolstering a relationship but rather simply trying to reduce issues in the relationship. Interestingly, those high in anxious attachment have also been found to self-sacrifice in a more self-serving fashion (Impett & Gordon, 2010). In
addition to sacrificing for the sake of the relationship, those high in anxious attachment also self-sacrifice in order to feel more positively about themselves. Similarly, those high in avoidant attachment can also self-sacrifice to feel more positively about themselves; however, it is posited they do this in order to limit the closeness of the relationship and the extent to which they rely on the support and care of their partner. Self-sacrificing also has consequences for the feelings toward the relationship (Mattingly & Clark, 2012). Those high in anxious attachment feel more negatively toward their relationship when they self-sacrifice for avoidant purposes but not approach purposes. However, the dissatisfaction from avoidant self-sacrificing is more detrimental than the beneficial aspects of approach sacrificing and, as a result, those high in anxious attachment experience more dissatisfaction in their relationships overall from self-sacrificing. Additionally, the persistent self-sacrificing exhibited by anxious individuals may be seen as excessive and exhausting by the partner and, thus, the partner may pull away in the relationship (Vangelisti et al., 2002).

Self-Silencing

In deciding what it means to be without their significant other, how individuals perceive and approach relationships, common components of attachment styles, can be a determining factor in how relationships are managed (Jack, 1991). Research on one such managing tactic, self-silencing, has involved a significant focus on women and the reasons they self-silence. Self-silencing, at its most basic level, includes the inhibiting of certain emotions, behaviors, and thoughts so as to not offend the partner or potentially
risk the safety of the relationship (Jack & Ali, 2010). Jack (1991) notes that those who emphasize the importance of relationships and have genuine feelings in relationships experience more negative feelings when a relationship dissolves. More specifically, the effects experienced when such relationships fail after attempts of sustainment include harm to one’s self-esteem and one’s self-perception (Cramer, Gallant, & Langlois, 2005).

Opinions and judgments regarding relationships can be affected by customs and ideals of cultures in addition to relational behaviors like self-silencing (Jack & Ali, 2010). Again, this line of research has predominantly focused on women as being the self-silencers. Jack and Ali further argue that culture, specifically male-centered societies, imbue women with ideas about relationships and the model roles each should perform in relationships. These customs and norms influence women through what proper behavior should be in relationships. The authors cite that this type of culture gives women the sense that they should be “pleasing, unselfish, and loving” (p. 5). Further, the women, struggling with these socially prescribed roles and ideals, often feel a struggle between their personal notions and the notions of society. As such, the authors note, the women feel a conflict between their voice of the self and the voice of their culture. Finally, the authors state that the result of this is self-silencing because the women are trying to maintain their current relationship even though, inwardly, they are feeling negative emotions because the self-silencing behaviors are not the true behaviors they would ideally engage in.

When examining males and self-silencing behavior, Harper and Welsh (2007) note that males tend to self-silence not in the interest of bettering their relationships, but rather in the interest of prolonging them. Further, they note that self-silencing behavior
may be used under disparate motivations compared to the motivations females may act
on; males tend to self-silence in order to gain a dominance of sorts in the relationship due
to self-disclosure being minimized in addition to avoiding conflicts or involved
disagreements. Self-silencing behavior can also be experienced contrastingly as females
tend to experience depression as a result of their self-silencing behavior (Jack & Dill,
1992). Research on the Care as Self-Sacrifice subscale of the Silencing the Self Scale
indicates that men who self-silence can experience lower rates of depression because, the
authors suggest, men feel more fulfilled when they self-silence since men may see self-
silencing as taking care of another (Lutz-Zois et al., 2013).

In order to maintain an interpersonal relationship, self-silencers have common
behaviors that they are known to engage in. One such behavior is that the self-silencer
makes more concessions to his partner during arguments or other times of conflict
(Harper & Welsh, 2007). Further, the self-silencer is also known to self-sacrifice and put
the needs and desires of the other above himself. Another common behavior Harper and
Welsh note is the suppression and minimization of actual emotions in order to sustain the
current relationship. A final behavior notable for self-silencers is that, instead of basing
their self-worth off of internal characteristics, self-silencers often base their self-worth off
of external criteria (Cramer et al., 2005). An interesting finding from Jack (1991) shows
how translatable these interpersonal patterns of behavior are; such self-silencing actions
and thoughts are consistent across relationships.
Rejection Sensitivity

Rejection sensitivity, a posited correlate of an anxious attachment style, involves feelings of tension and worry about being rejected by another (Downey & Feldman, 1996; Ayduk, May, Downey, & Higgins, 2003). Research has demonstrated how perceptive those high in rejection sensitivity are to potential rejection and how this pattern of thinking and interpreting is translatable. Downey and Feldman (1996) found that participants high in rejection sensitivity perceived neutral feedback from someone they just met as rejecting whereas those low in rejection sensitivity did not perceive that feedback similarly.

Although it has been established that people high in rejection sensitivity are particularly perceptive to rejection, even in relatively superficial conditions, research also suggests that this perceptive sensitivity to rejection can be affected by how attached one feels to someone. Those who feel more attached to a person have been shown to be especially more perceptive to rejection and have increased rejection sensitivities compared to others not as attached (Berenson et al., 2009). As such, the person higher in rejection sensitivity has a desire to sustain the relationship and, in addition, will take efforts to avoid rejection. Interestingly, however, research on intimate relationships has shown that rejection sensitivity can have a negative impact on relationship satisfaction (Downey & Feldman, 1996). Further, the authors note, behaviors related to rejection sensitivity have been shown to manifest themselves differently for men and women with men being more mistrustful and trying to manage their partners’ behaviors, especially
with others. Women, on the other hand, tend to be more blaming and reactive towards their partners.

**Present Study**

As mentioned earlier, while the link between self-sacrifice and relationship satisfaction has been established such that relationship satisfaction varies as a result of which specific motivations and feelings surround self-sacrifice, it is not so clear how certain individual factors impact that association. From research on attachment style that has shown marked differences in how individuals perceive and behave in relationships, certain individual behaviors and dispositions should impact the association between self-sacrificing behavior and relationship satisfaction. More specifically, the relationship characteristics that align with an anxious attachment style, self-silencing and rejection sensitivity, should affect an individual’s satisfaction with self-sacrifice. It is already known that those anxiously attached who self-sacrifice experience more dissatisfaction within a relationship (Mattingly & Clark, 2012). However, what is unclear is how an anxious attachment style affects satisfaction with self-sacrifice; it is also unknown how certain personal correlates of an anxious attachment style, rejection sensitivity and self-silencing, affect satisfaction with self-sacrifice (Ayduk, May, Downey, & Higgins, 2003). As evidenced by past research, those anxiously attached, being fearful of the termination of the relationship itself rather than the health of the relationship, will engage in behaviors that ultimately reduce their satisfaction with the relationship (Mattingly & Clark, 2012). It is possible that one type of behavior that leads to displeasure in the
relationship is self-sacrificing behavior. When performing such behaviors, one’s level of anxious attachment, along with one’s level of self-silencing and rejection sensitivity, should influence the degree to which one is unhappy with those self-sacrificing behaviors.

The present study uses a correlational design in order to test the formulated hypotheses, with the first hypothesis being that the relationship between self-sacrifice and relationship satisfaction will be moderated by satisfaction with self-sacrifice, which would replicate past findings. However, undergraduate students are used in the present research, whereas the research previously cited utilized married couples. Specifically, it is predicted that, at greater levels of satisfaction with self-sacrifice, the association between self-sacrifice and relationship satisfaction will be a positive one. The opposite is expected at low levels of satisfaction with self-sacrificing. Further, it is hypothesized that one’s level of anxious attachment will have a negative association with satisfaction with self-sacrifice such that controlling for the interaction between self-sacrifice x level of anxious attachment will diminish the strength of association between the self-sacrifice x satisfaction with self-sacrifice interaction and relationship satisfaction. Thus, the self-sacrifice x level of anxious attachment interaction will account for the relationship between the self-sacrifice x satisfaction with self-sacrifice interaction and relationship satisfaction (for a theoretical representation, see Figure 1a). It is also hypothesized that rejection sensitivity will also have a negative association with satisfaction with self-sacrifice such that controlling for the interaction between self-sacrifice x rejection sensitivity will diminish the strength of association between the self-sacrifice x satisfaction with self-sacrifice interaction and relationship satisfaction. Thus, the self-
sacrifice x rejection sensitivity interaction will account for the relationship between the self-sacrifice x satisfaction with self-sacrifice interaction in the prediction of relationship satisfaction (for a theoretical representation, see Figure 1b). Finally, it is hypothesized that self-silencing will have a negative association with satisfaction with self-sacrifice such that controlling for the interaction between self-sacrifice x self-silencing will diminish the strength of association between the self-sacrifice x satisfaction with self-sacrifice interaction and relationship satisfaction. Thus, the self-sacrifice x self-silencing interaction will account for the relationship between the self-sacrifice x satisfaction with self-sacrifice interaction in the prediction of relationship satisfaction (for a theoretical representation, see Figure 1c).
CHAPTER II

METHODS

Participants

Participants in this sample were 80 undergraduate students from a Mid-Western private university who participated in this study as part of a course requirement. Of the 80 participants, 49 were male, and 31 were female. Participants’ ages ranged from 18-22 (M = 19.15) years old. This sample was predominantly Caucasian, with 63 participants identifying as such, 6 identifying as Asian, 7 as African-American, 1 as Hispanic, and 3 as other. Participants were required to have been in a committed romantic relationship for at least three months. Therefore, relationship lengths in this sample ranged from 3-51 months (M = 12.74). Participants were largely in heterosexual relationships (n = 76). Of the relationships overall, 35 participants reported being in a long distance relationship. Finally, of the 80 participants, 53 reported dating their partner exclusively; 15 reported dating in an open relationship; 11 reported having a Friends with Benefits relationship; and 1 participant declined to describe the relationship.
Procedure

Participants were instructed to sign up for this study on the University’s psychology research system, SONA, in order to receive partial fulfillment of a course requirement. From SONA, participants were linked to the website hosting the questionnaire, www.surveymonkey.com. The questionnaire was compromised of a battery of measures that concluded with a demographic measure. So that participants could complete the questionnaire at their leisure, they were sent an e-mail link that would return them to the questionnaire. Participants were instructed that they could discontinue the questionnaire at any time should they feel the need to. Confidentiality was ensured through the website, which states that, for paid accounts, “user data is safe, secure, and available only to authorized persons” and that “accounts that are SSL enabled ensure that the responses of survey respondents are transmitted over a secure, encrypted connection.”

Measures

Silencing the self scale. Participants’ level of self-silencing was assessed via the Silencing the Self Scale (Jack & Dill, 1992). This scale is a 31-item self-report measurement where participants endorse each statement on a 5-point scale ranging from strongly disagree to strongly agree (1=Strongly disagree; 5=Strongly agree). Participants were assessed on the four dimensions of Externalized Self, Care as Self-Sacrifice, Silencing the Self, and Divided Self. This scale includes such questions as, “I don’t speak my feelings in an intimate relationship when I know they will cause disagreement.” This scale has an established internal consistency with scores ranging from .86 to .94 for
the entirety of the Silencing the self scale in addition to well-established test-retest reliability and validity (Jack & Dill, 1992) (see Appendix A).

**Rejection Sensitivity Questionnaire.** Participants’ level of rejection sensitivity was assessed via the Rejection Sensitivity Questionnaire (Downey & Feldman, 1996). In 18 scenarios, participants rate on a 6 point scale (1=very unconcerned; 6=very concerned) the extent to which they feel concerned about such situations as “How concerned or anxious would you be over whether or not your friend would want to help you out.” Participants also rate the extent to which they feel another would act favorably on a similar scale (1=very unlikely; 6=very likely) with situations such as “I would expect that he/she would willingly agree to help me out.” This questionnaire has well-established internal reliability (α=.83), test-retest reliability, and validity (Downey & Feldman, 1996) (see Appendix B).

**Self-Sacrificing Scale.** Willingness to self-sacrifice was assessed via a scaled developed by Van Lange et al. (1997). This scale asks participants to list the four most important activities to them and then asks participants to imagine that, if it were not possible to engage in those activities and maintain the relationship with their partner, how much they would consider ending their relationship. Participants rate these items on an 8-point scale with 0 being “definitely would not consider ending the relationship” and 8 being “definitely would consider ending the relationship.” This scale has well-established reliability with an alpha of .83 (Van Lange et al., 1997) (see Appendix C).
Satisfaction with Self-Sacrifice Scale. Satisfaction with self-sacrifice was assessed via the Satisfaction with the Sacrifice Scale adapted from Stanley and Markman’s (1992) Commitment Inventory and includes statements such as “It makes me feel good to sacrifice for my partner” and “I am not the kind of person who finds satisfaction in putting aside my interests for the sake of my relationship with my partner.” Participants answer using a 7-point scale with 1 being strongly disagree and 7 being strongly agree. This scale has well-established reliability with an alpha of .74 (Stanley et al., 2006) (see Appendix D).

Relationship Assessment Scale. Relationship satisfaction was assessed via the Relationship Assessment Scale (Hendrick, 1988). Participants rate 7 statements such as “In general, how satisfied are you with your relationship?” and “How much do you love your partner?” on a 5-point scale. The scale has a reported alpha of .86 (Hendrick, 1988). Additionally, this measure has strong test-retest reliability (Hendrick, Dicke, & Hendrick, 1998) (see Appendix E).

Experiences in Close Relationships-Revised (ECR-R) Adult Attachment Questionnaire. Individuals’ level of anxious attachment was assessed via the ECR-R Adult Attachment Questionnaire (Fraley, Waller, & Brennan, 2000). Participants rate 18 statements such as, “I often worry that others will not love me” and, “I worry a lot about my relationships” on a 7-point scale. The ECR-R questionnaire has well-established internal consistency and test-retest reliability (Fraley, Waller, & Brennan, 2000; Sibley & Liu, 2004) (see Appendix F).
Demographic Information. A demographic questionnaire contained items to gather information about participants’ sex, age, and race (see Appendix G).
CHAPTER III
RESULTS

Preliminary analyses were conducted in order to determine the means, standard
deviations, and Cronbach alphas for the variables. All internal reliabilities were deemed
appropriate with values meeting or exceeding .70. The values for the preceding are
presented in Table 1.

Included in Table 2 are the bivariate correlations between variables. One
relevant, significant relationship was found between rejection sensitivity and satisfaction
with self-sacrifice ($r(80) = -.30$, $p < .01$). More detailed analyses were completed in order
to test the study’s hypotheses.

**Hy1.** In order to replicate past findings that have shown a moderating effect of
satisfaction with self-sacrifice on the relationship between self-sacrifice and relationship
satisfaction, I used multiple regression analyses. I simultaneously regressed relationship
satisfaction onto satisfaction with self-sacrifice, self-sacrifice, and the product of these
two variables. I centered the two interacting variables before forming the product term so
that collinearity among the main effects and the product term was minimized (Cohen,
Cohen, West, & Aiken, 2003).

The results indicated that the self-sacrifice x satisfaction with self-sacrifice
interaction was not significant ($\beta = 1.39$, $t(76) = 1.80$, $p = .08$). My hypothesis, therefore,
that satisfaction with self-sacrifice would moderate the relationships between self-sacrifice and relationship satisfaction, was not supported.

**Hy2.** Because my first hypothesis was not supported, I did not run additional analyses to determine if an anxious attachment style impacts satisfaction with self-sacrifice.

**Hy3.** Despite the bivariate correlation found, I did not run additional analyses on the impact one’s level of rejection sensitivity has on satisfaction with self-sacrifice because my first hypothesis was not supported.

**Hy4.** Because my first hypothesis was not supported, I did not run additional analyses to determine if one’s level of self-silencing impacts satisfaction with self-sacrifice.
Table 1

**Descriptive Statistics**

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>SD</th>
<th>α</th>
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<tbody>
<tr>
<td>Self-Sil</td>
<td>85.31</td>
<td>13.81</td>
<td>.84</td>
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<tr>
<td>Rej Sen</td>
<td>9.50</td>
<td>3.41</td>
<td>.80</td>
</tr>
<tr>
<td>Att Anx</td>
<td>3.50</td>
<td>1.14</td>
<td>.94</td>
</tr>
<tr>
<td>Sat Self-Sac</td>
<td>52.03</td>
<td>9.53</td>
<td>.71</td>
</tr>
<tr>
<td>Willing</td>
<td>2.60</td>
<td>1.67</td>
<td>.78</td>
</tr>
<tr>
<td>Rel Sat</td>
<td>26.28</td>
<td>5.94</td>
<td>.91</td>
</tr>
</tbody>
</table>

*Note.* Self-Sil = Self-Silencing; Rej Sen = Rejection Sensitivity; Att Anx = Attachment Anxiety; Sat Self-Sac = Satisfaction with Self-Sacrifice; Willing = Willingness to Self-Sacrifice for Partner; Rel Sat = Relationship Satisfaction.

Table 2

**Bivariate Correlations between Variables**

<table>
<thead>
<tr>
<th></th>
<th>1.</th>
<th>2.</th>
<th>3.</th>
<th>4.</th>
<th>5.</th>
</tr>
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<tr>
<td>1. Self-Sil</td>
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<td>2. Rej Sen</td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td>3. Att Anx</td>
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<td>.50**</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>4. Sat Self-Sac</td>
<td>-.06</td>
<td>-.30**</td>
<td>-.11</td>
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<td>5. Willing</td>
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<td>.24*</td>
<td>.27*</td>
<td>.05</td>
<td></td>
</tr>
<tr>
<td>6. Rel Sat</td>
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<td>-.37**</td>
<td>-.39**</td>
<td>.33**</td>
<td>-.04</td>
</tr>
</tbody>
</table>

*Note.* Please see Table 1 for clarification of variable names

* *p < .05  **p < .01
CHAPTER IV
DISCUSSION

In order to build upon existing research regarding self-sacrifice in romantic relationships, I sought to understand what variables may impact whether one is satisfied with self-sacrificing for his or her partner. I first hypothesized that satisfaction with self-sacrifice would moderate the relationship between self-sacrifice and relationship satisfaction; the confirmation of this hypothesis would have replicated past research that has shown that self-sacrifice is positively related with relationship satisfaction for those high in satisfaction with self-sacrifice (Stanley et al., 2006). However, I was unable to replicate past research, as the results did not produce a significant interaction between satisfaction with self-sacrifice and self-sacrifice.

One possible explanation for this disparity in findings is that the participants in the Stanley et al. (2006) study were married couples, whereas my participants were undergraduates who were not married. As such, it is possible that the participants in my study were not as committed to their partners as were participants in the aforementioned study; commitment has, in fact, been shown to be positively related to both rates of self-sacrificing and satisfaction with such behavior (Van Lange et al., 1997; Stanley et al., 2006). Therefore, the results could be due, in part, to the fact that this sample was composed of individuals possibly not as invested in their respective relationships; they may self-sacrifice less often and, when they do, be less pleased following such behavior.
Additionally, the sample size, being relatively small, may have hindered detection of an interaction because of a lack of power.

Other possible reasons for my lack of a replication include the age of my participants and the fact that motivations surrounding self-sacrifice were not considered. Beginning, because my sample was comprised of young undergraduates ($M = 19.15$ years), it is possible that generational differences impacted my results. Specifically, my sample may be more self-serving, narcissistic, and less likely to self-sacrifice because they are of a younger age (Twenge & Foster, 2010). Further, I did not examine how approach and avoidant self-sacrificing impact satisfaction with self-sacrifice. As such, it is possible there is a three-way interaction present between motivation to self-sacrifice, satisfaction with self-sacrifice, and self-sacrifice.

Because I was unable to replicate past findings, I was unable to determine how levels of anxious attachment (Hypothesis 2), rejection sensitivity (Hypothesis 3), and self-silencing (Hypothesis 4) influence the interactive relationship between one’s level of satisfaction with self-sacrifice and self-sacrificing behaviors in predicting relationship satisfaction.

Important to consider is that neither an anxious attachment style nor one’s level of self-silencing was significantly related to satisfaction with self-sacrifice. Because self-silencers and those anxiously attached engage in self-sacrificing for the sake of sustaining relationships, and often experience negative relationship outcomes as a result, it was expected that satisfaction with self-sacrifice would be impacted by those two factors (Mattingly & Clark, 2012; Harper & Welsh, 2007; Jack & Dill, 1992). One possible reason for my findings is that, for those anxiously attached and high in self-silencing, a
conflict exists between wanting to preserve the relationship and the actions performed in order to preserve said relationship. Because of a preoccupation with the relationship itself, the anxiously attached individual, or self-silencer, may feel rewarded when the relationship is maintained through such actions like self-sacrifice; however, it is possible that they do not receive similar fulfillment from performing such actions. This contrast may, ultimately, lead to a sense of ambivalence regarding their actions: they obtain their goal of preserving a relationship, but they also may not particularly feel comfortable with their actions to maintain said relationship.

The interesting finding that rejection sensitivity is significantly, negatively related to satisfaction with self-sacrifice also merits consideration. Those high in rejection sensitivity are known to take measures in relationships to reduce the chance of rejection and ensure the continuation of the relationships (Berenson et al., 2009). It is possible that those high in rejection sensitivity feel a pervasive need to perform actions, like self-sacrificing, in order to feel more secure about their relationships. However, whether by the constant sacrificing or nature of the sacrifices, those high in rejection sensitivity are not experiencing satisfaction with such behavior. Despite the compelling desire to maintain relationships and avoid rejection, the securing of the relationship appears to not suffice in making those high in rejection sensitivity feel their actions are worthwhile. Instead of self-sacrificing out of love or respect for one’s partner, the pressure to self-sacrifice to secure the relationship prevents satisfaction with self-sacrifice.

Even though my hypotheses were not supported, the limitations of the study may merit future testing of the same hypotheses with improved designs. Beginning, this study was cross-sectional. Further, the study was limited by its sample size (N=80) and the fact
that the survey was completed online. Future work may seek to gain more participants and conduct the study in a setting where the researcher can ensure adequate responding to questionnaire items. Lastly, the sample was comprised predominantly of Caucasian undergraduate students, so generalization to other populations is difficult.

Future directions of this research may simply include examining the hypotheses under improved conditions, such as with a different survey design and population. The significant, negative bivariate correlation between rejection sensitivity and satisfaction with self-sacrifice is interesting in that it is possible that, at least regarding that research question, we were indicating the possible presence of some legitimate associations. Possible factors of interest that may merit examination include the approach and avoidant motivations for self-sacrifice; surveying such factors may allow for a better conceptualization of what influences satisfaction with self-sacrifice. An additional factor of interest could be examining satisfaction with self-sacrifice in terms of the type of romantic relationship (e.g., long distance or dating openly). For example, 35 of my participants indicated they were in a long-distance relationship; therefore, they may experience fewer chances to self-sacrifice. Finally, it is possible that relationship satisfaction, in fact, moderates the association between self-sacrifice and satisfaction with self-sacrifice such that, at high levels of relationship satisfaction, self-sacrifice leads to satisfaction with self-sacrifice. However, before exploring future variables of interest, it may be beneficial to complete a study with the corrections described above.
REFERENCES


Figure 1a Impact of Anxious Attachment

Level of Anxious Attachment

↓

Satisfaction with Self-Sacrifice

↓

Self-Sacrifice  Relationship Satisfaction
Figure 1b Impact of Rejection Sensitivity

Rejection Sensitivity

↓

Satisfaction with Self-Sacrifice

↓

Self-Sacrifice → Relationship Satisfaction
Figure 1c Impact of Self-Silencing

Self-Silencing

Satisfaction with Self-Sacrifice

Self-Sacrifice → Relationship Satisfaction
APPENDICES

APPENDIX A

THE SILENCING THE SELF SCALE

Please circle the number that best describes how you feel about each of the statements listed below. If you are not currently in an intimate relationship, please indicate how you felt and acted in your previous intimate relationships.

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Somewhat disagree</th>
<th>Neither agree nor disagree</th>
<th>Somewhat agree</th>
<th>Strongly agree</th>
</tr>
</thead>
</table>

1. I think it is best to put myself first because no one else will look out for me.
   1  2  3  4  5

2. I don't speak my feelings in an intimate relationship when I know they will cause disagreement.
   1  2  3  4  5

3. Caring means putting the other person's needs in front of my own.
   1  2  3  4  5

4. Considering my needs to be as important as those of the people I love is selfish.
   1  2  3  4  5

5. I find it is harder to be myself when I am in a close relationship than when I am on my own.
   1  2  3  4  5

6. I tend to judge myself by how I think other people see me.
   1  2  3  4  5
7. I feel dissatisfied with myself because I should be able to do all the things people are supposed to be able to do these days.

8. When my partner's needs and feelings conflict with my own, I always state mine clearly.

9. In a close relationship, my responsibility is to make the other person happy.

10. Caring means choosing to do what the other person wants, even when I want to do something different.

11. In order to feel good about myself, I need to feel independent and self-sufficient.

12. One of the worst things I can do is to be selfish.

13. I feel I have to act in a certain way to please my partner.

14. Instead of risking confrontations in close relationships, I would rather not rock the boat.

15. I speak my feelings with my partner, even when it leads to problems or disagreements.

16. Often I look happy enough on the outside, but inwardly I feel angry and rebellious.
17. In order for my partner to love me, I cannot reveal certain things about myself to him/her. 
1 2 3 4 5

18. When my partner's needs or opinions conflict with mine, rather than asserting my own point of view I usually end up agreeing with him/her. 
1 2 3 4 5

19. When I am in a close relationship I lose my sense of who I am. 
1 2 3 4 5

20. When it looks as though certain of my needs can't be met in a relationship, I usually realize that they weren't very important anyway. 
1 2 3 4 5

21. My partner loves and appreciates me for who I am. 
1 2 3 4 5

22. Doing things just for myself is selfish. 
1 2 3 4 5

23. When I make decisions, other people's thoughts and opinions influence me more than my own thoughts and opinions. 
1 2 3 4 5

24. I rarely express my anger at those close to me. 
1 2 3 4 5

25. I feel that my partner does not know my real self. 
1 2 3 4 5

26. I think it's better to keep my feelings to myself when they do conflict with my partner's. 
1 2 3 4 5
27. I often feel responsible for other people's feelings.
   | 1 | 2 | 3 | 4 | 5 |

28. I find it hard to know what I think and feel because I spend a lot of time thinking about how other people are feeling.
   | 1 | 2 | 3 | 4 | 5 |

29. In a close relationship I don't usually care what we do, as long as the other person is happy.
   | 1 | 2 | 3 | 4 | 5 |

30. I try to bury my feelings when I think they will cause trouble in my close relationship(s).
   | 1 | 2 | 3 | 4 | 5 |

   Strongly disagree | Somewhat disagree | Neither agree nor disagree | Somewhat agree | Strongly agree

*31. I never seem to measure up to the standards I set for myself.
   | 1 | 2 | 3 | 4 | 5 |

* If you answered the last question with a 4 or 5, please list up to three standards you feel you don't measure up to.

1. 

2. 

3. 

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APPENDIX B

REJECTION SENSITIVITY QUESTIONNAIRE

Each of the items below describes things college students sometimes ask of other people. Please imagine that you are in each situation. You will be asked to answer the following questions:

1) How concerned or anxious would you be about how the other person would respond?

2) How do you think the other person would be likely to respond?

1. **You ask someone in class if you can borrow his/her notes.**
   - How concerned or anxious would you be over whether the person would want to lend you his/her notes? 
     - very unconcerned 1  2  3  4  5  6
     - very concerned
   - I would expect that the person would willingly give me his/her notes.
     - very unlikely 1  2  3  4  5  6
     - very likely

2. **You ask your boyfriend/girlfriend to move in with you.**
   - How concerned or anxious would you be over whether the person would want to move in with you? 
     - very unconcerned 1  2  3  4  5  6
     - very concerned
   - I would expect that he/she would want to move in with me.
     - very unlikely 1  2  3  4  5  6
     - very likely

3. **You ask your parents for help in deciding what programs to apply to.**
   - How concerned or anxious would you be over whether your parents would want to help you? 
     - very unconcerned 1  2  3  4  5  6
     - very concerned
   - I would expect that they would want to help me.
     - very unlikely 1  2  3  4  5  6
     - very likely

4. **You ask someone you don’t know well out on a date.**
   - How concerned or anxious would you be over whether the person would want to go out with you? 
     - very unconcerned 1  2  3  4  5  6
     - very concerned
I would expect that the person would want to go out with me. very unlikely very likely

5. Your boyfriend/girlfriend has plans to go out with friends tonight, but you really want to spend the evening with him/her, and you tell him/her so.

How concerned or anxious would you be over whether or not your boyfriend/girlfriend would decide to stay in? very unconcerned very concerned

I would expect that the person would willingly choose likely to stay in. very unlikely very likely

6. You ask your parents for extra money to cover living expenses.

How concerned or anxious would you be over whether or not your parents would help you out? very unconcerned very concerned

I would expect that my parents would not mind helping me out. very unlikely very likely

7. After class, you tell your professor that you have been having some trouble with a section of the course and ask if he/she can give you some extra help.

How concerned or anxious would you be over whether or not your professor would want to help you out? very unconcerned very concerned

I would expect that my professor would want to help me out. very unlikely very likely

8. You approach a close friend to talk after doing or saying something that seriously upset him/her.

How concerned or anxious would you be over whether or not your friend would want to talk with you? very unconcerned very concerned

I would expect that he/she would want to talk with me likely to try to work things out. very unlikely very likely

9. You ask someone in one of your classes to coffee.

How concerned or anxious would you be over whether or not the person would want to go? very unconcerned very concerned
I would expect that the person would want to go very unlikely very likely with me. 1 2 3 4 5 6

10. After graduation, you can’t find a job and ask your parents if you can live at home for a while.

How concerned or anxious would you be over whether very unconcerned very concerned or not your parents would want you to come home? 1 2 3 4 5 6

I would expect I would be welcome at home. very unlikely very likely 1 2 3 4 5 6

11. You ask your friend to go on a vacation with you over Spring Break.

How concerned or anxious would you be over whether very unconcerned very concerned or not your friend would want to go with you? 1 2 3 4 5 6

I would expect that he/she would want to go with me. very unlikely very likely 1 2 3 4 5 6

12. You call your boyfriend/girlfriend after a bitter argument and tell him/her you want to see him/her.

How concerned or anxious would you be over whether very unconcerned very concerned or not your boyfriend/girlfriend would want to see you? 1 2 3 4 5 6

I would expect that he/she would want to see me. very unlikely very likely 1 2 3 4 5 6

13. You ask a friend if you can borrow something of his/hers.

How concerned or anxious would you be over whether very unconcerned very concerned or not your friend would want to loan it to you? 1 2 3 4 5 6

I would expect that he/she would willingly loan me it. very unlikely very likely 1 2 3 4 5 6

14. You ask your parents to come to an occasion important to you.

How concerned or anxious would you be over whether very unconcerned very concerned or not your parents would want to come? 1 2 3 4 5 6
I would expect that my parents would want to come.  
likely

very unlikely very

1 2 3 4 5 6
APPENDIX C

INSTRUMENT FOR MEASURING WILLINGNESS TO SACRIFICE

On the following four lines, please list the four parts of your life—the four activities in your life—that are most important to you (other than your relationship).

The most important activities in my life (other than my relationship) are:

Most important activity is: ________________________________
Second most important activity is: __________________________
Third most important activity is: ____________________________
Fourth most important activity is: __________________________

1. Imagine that it was not possible to engage in Activity 1 and maintain your relationship (impossible for reasons unrelated to your partner's needs or wishes; that is, it wasn't your partner's fault). To what extent would you consider giving up Activity 1?

   1  2  3  4  5  6  7  8
   Definitely would  Might consider  Would definitely
not consider giving giving up activity consider giving
up activity  up activity

2. Imagine that it was not possible to engage in Activity 2 and maintain your relationship (impossible for reasons unrelated to your partner's needs or wishes; that is, it wasn't your partner's fault). To what extent would you consider giving up Activity 2?
3. Imagine that it was not possible to engage in Activity 3 and maintain your relationship (impossible for reasons unrelated to your partner's needs or wishes; that is, it wasn't your partner's fault). To what extent would you consider giving up Activity 3?

```
1  2  3  4  5  6  7  8
Definitely would  Might consider  Would definitely  
not consider giving  giving up activity  consider giving  
up activity  up activity  
```

4. Imagine that it was not possible to engage in Activity 4 and maintain your relationship (impossible for reasons unrelated to your partner's needs or wishes; that is, it wasn't your partner's fault). To what extent would you consider giving up Activity 4?

```
1  2  3  4  5  6  7  8
Definitely would  Might consider  Would definitely  
not consider giving  giving up activity  consider giving  
up activity  up activity  
```
APPENDIX D

THE SATISFACTION WITH SELF SACRIFICE SCALE

Please circle the number that best describes how you feel about each of the statements listed below. If you are not currently in an intimate relationship, please indicate how you felt and acted in your previous intimate relationships.

<table>
<thead>
<tr>
<th>Strongly disagree</th>
<th>Neither agree nor disagree</th>
<th>Strongly agree</th>
</tr>
</thead>
</table>

1. I do not get much fulfillment out of sacrificing for my partner
   1   2   3   4   5   6   7

2. I am not the kind of person who finds satisfaction in putting aside my interests for the sake of my relationship with my partner.
   1   2   3   4   5   6   7

3. Giving something up for my partner is frequently not worth the trouble.
   1   2   3   4   5   6   7

4. It can be personally fulfilling to give up something for my partner.
   1   2   3   4   5   6   7

5. ‘I get satisfaction out of doing things for my partner, even if it means I miss out on something I want for myself.
   1   2   3   4   5   6   7

6. It makes me feel good to sacrifice for my partner
   1   2   3   4   5   6   7
APPENDIX E

RELATIONSHIP ASSESSMENT SCALE

Please mark the letter for each item which best answers that item for you.

How well does your partner meet your needs?
A       B       C       D       E
Poorly  Average  Extremely well

In general, how satisfied are you with your relationship?
A       B       C       D       E
Unsatisfied  Average  Extremely satisfied

How good is your relationship compared to most?
A       B       C       D       E
Poor  Average  Excellent

How often do you wish you hadn’t gotten in this relationship?
A       B       C       D       E
Never  Average  Very often

To what extent has your relationship met your original expectations:
A       B       C       D       E
Hardly at all  Average  Completely

How much do you love your partner?
A       B       C       D       E
Not much  Average  Very much

How many problems are there in your relationship?
A       B       C       D       E
Very few  Average  Very many
APPENDIX F

EXPERIENCES IN CLOSE RELATIONSHIPS-REVISED QUESTIONNAIRE

The statements below concern how you feel in your relationships with others. We are interested in how you *generally* experience relationships, not just in what is happening in a current relationship. Respond to each statement by circling a number to indicate how much you agree or disagree with the statement.

1. I'm afraid that I will lose the love of others.
   1 ---------------2---------------3---------------4---------------5---------------6---------------7
   Strongly Disagree                        Strongly Agree

2. I often worry that others will not want to stay with me.
   1 ---------------2---------------3---------------4---------------5---------------6---------------7
   Strongly Disagree                        Strongly Agree

3. I often worry that others do not really love me.
   1 ---------------2---------------3---------------4---------------5---------------6---------------7
   Strongly Disagree                        Strongly Agree

4. I worry that others won’t care about me as much as I care about them.
   1 ---------------2---------------3---------------4---------------5---------------6---------------7
   Strongly Disagree                        Strongly Agree

5. I often wish that others’ feelings for me were as strong as my feelings for them.
   1 ---------------2---------------3---------------4---------------5---------------6---------------7
   Strongly Disagree                        Strongly Agree

6. I worry a lot about my relationships.
   1 ---------------2---------------3---------------4---------------5---------------6---------------7
   Strongly Disagree                        Strongly Agree

7. When my partner is out of sight, I worry that he or she might become interested in someone else.
   1 ---------------2---------------3---------------4---------------5---------------6---------------7
   Strongly Disagree                        Strongly Agree

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8. When I show my feelings for others, I'm afraid they will not feel the same about me.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

9. I rarely worry about others leaving me.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

10. Others make me doubt myself.
    1 2 3 4 5 6 7
    Strongly Disagree Strongly Agree

11. I do not often worry about being abandoned.
    1 2 3 4 5 6 7
    Strongly Disagree Strongly Agree

12. I find that others don't want to get as close as I would like.
    1 2 3 4 5 6 7
    Strongly Disagree Strongly Agree

13. Sometimes others change their feelings about me for no apparent reason.
    1 2 3 4 5 6 7
    Strongly Disagree Strongly Agree

14. My desire to be very close sometimes scares people away.
    1 2 3 4 5 6 7
    Strongly Disagree Strongly Agree

15. I'm afraid that once someone gets to know me, he or she won't like who I really am.
    1 2 3 4 5 6 7
    Strongly Disagree Strongly Agree

16. It makes me mad that I don't get the affection and support I need from others.
    1 2 3 4 5 6 7
    Strongly Disagree Strongly Agree

17. I worry that I won't measure up to other people.
    1 2 3 4 5 6 7
    Strongly Disagree Strongly Agree

18. Others only seem to notice me when I’m angry.
    1 2 3 4 5 6 7
    Strongly Disagree Strongly Agree
19. I prefer not to show others how I feel deep down.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

20. I feel comfortable sharing my private thoughts and feelings with others.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

21. I find it difficult to allow myself to depend on others.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

22. I am very comfortable being close to others.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

23. I don't feel comfortable opening up to others.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

24. I prefer not to be too close to romantic others.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

25. I get uncomfortable when others want to be very close.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

26. I find it relatively easy to get close to others.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

27. It's not difficult for me to get close others.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

28. I usually discuss my problems and concerns with others.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree

29. It helps to turn to others in times of need.
   1 2 3 4 5 6 7
   Strongly Disagree Strongly Agree
30. I tell others just about everything.
   ![Scale](1-3-4-5-6-7)
   **Strongly Disagree** \(\rightarrow\) **Strongly Agree**

31. I talk things over with others.
   ![Scale](1-3-4-5-6-7)
   **Strongly Disagree** \(\rightarrow\) **Strongly Agree**

32. I am nervous when others get too close to me.
   ![Scale](1-3-4-5-6-7)
   **Strongly Disagree** \(\rightarrow\) **Strongly Agree**

33. I feel comfortable depending on others.
   ![Scale](1-3-4-5-6-7)
   **Strongly Disagree** \(\rightarrow\) **Strongly Agree**

34. I find it easy to depend on others.
   ![Scale](1-3-4-5-6-7)
   **Strongly Disagree** \(\rightarrow\) **Strongly Agree**

35. It's easy for me to be affectionate with others.
   ![Scale](1-3-4-5-6-7)
   **Strongly Disagree** \(\rightarrow\) **Strongly Agree**

36. Others really understand me and my needs.
   ![Scale](1-3-4-5-6-7)
   **Strongly Disagree** \(\rightarrow\) **Strongly Agree**
APPENDIX G

DEMOGRAPHIC DATA SHEET

Biographical Data

1. What is your sex?  M  F

2. What is your age?  18  19  20  21  22+

3. What is your racial group?  Circle all that apply.

   1. Asian
   2. African-American
   3. Hispanic
   4. Native American
   5. Caucasian (White)
   6. Other___________________