



## WELLNESS WORKSHEET 29

### How Capable Are You of Being Intimate?

Determine how closely each statement describes your feelings. Circle the number in the appropriate column.

	<b>Strongly disagree</b>	<b>Mildly disagree</b>	<b>Agree and disagree equally</b>	<b>Mildly agree</b>	<b>Strongly agree</b>
1. I like to share my feelings with others.	1	2	3	4	5
2. I like to feel close to other people.	1	2	3	4	5
3. I like to listen to other people talk about their feelings.	1	2	3	4	5
4. I am concerned with rejection in my expression of feelings to others.	5	4	3	2	1
5. I'm concerned with being dominated in a close relationship with another.	5	4	3	2	1
6. I'm often anxious about my own acceptance in a close relationship.	5	4	3	2	1
7. I'm concerned that I trust other people too much.	5	4	3	2	1
8. Expression of emotion makes me feel close to another person.	1	2	3	4	5
9. I do not want to express feelings that would hurt another person.	5	4	3	2	1
10. I am overly critical of people in a close relationship.	5	4	3	2	1
11. I want to feel close to people to whom I am attracted.	1	2	3	4	5
12. I tend to reveal my deepest feelings to other people.	1	2	3	4	5
13. I'm afraid to talk about my sexual feelings with a person in whom I'm very interested.	5	4	3	2	1
14. I want to be close to a person who is attracted to me.	1	2	3	4	5
15. I would not become too close because it involves conflict.	5	4	3	2	1
16. I seek out close relationships with people to whom I am attracted.	1	2	3	4	5

(over)

WELLNESS WORKSHEET 29 — continued

	<b>Strongly disagree</b>	<b>Mildly disagree</b>	<b>Agree and disagree equally</b>	<b>Mildly agree</b>	<b>Strongly agree</b>
17. When people become close, they tend not to listen to each other.	5	4	3	2	1
18. Intimate relationships bring me great satisfaction.	1	2	3	4	5
19. I search for close intimate relationships.	1	2	3	4	5
20. It is important to me to form close relationships.	1	2	3	4	5
21. I do not need to share my feelings and thoughts with others.	5	4	3	2	1
22. When I become very close to another, I am likely to see things that are hard for me to accept.	5	4	3	2	1
23. I tend to accept most things about people with whom I share a close relationship.	1	2	3	4	5
24. I defend my personal space so others do not come too close.	5	4	3	2	1
25. I tend to distrust people who are concerned with closeness and intimacy.	5	4	3	2	1
26. I have concerns about losing my individuality in close relationships.	5	4	3	2	1
27. I have concerns about giving up control if I enter into a really intimate relationship.	5	4	3	2	1
28. Being honest and open with another person makes me feel closer to that person.	1	2	3	4	5
29. If I were another person, I would be interested in getting to know me.	1	2	3	4	5
30. I only become close to people with whom I share common interests.	5	4	3	2	1
31. Revealing secrets about my sex life makes me feel close to others.	1	2	3	4	5
32. Generally, I can feel just as close to someone of the same sex as someone of the other sex.	1	2	3	4	5
33. When another person is physically attracted to me, I usually want to become more intimate.	1	2	3	4	5
34. I have difficulty being intimate with more than one person.	5	4	3	2	1

(over)

WELLNESS WORKSHEET 29 — continued

	<b>Strongly disagree</b>	<b>Mildly disagree</b>	<b>Agree and disagree equally</b>	<b>Mildly agree</b>	<b>Strongly agree</b>
35. Being open and intimate with another person usually makes me feel good.	1	2	3	4	5
36. I usually can see another person's point of view.	1	2	3	4	5
37. I want to be sure that I am in good control of myself before I attempt to become intimate with another person.	5	4	3	2	1
38. I resist intimacy.	5	4	3	2	1
39. Stories of interpersonal relationships tend to affect me.	1	2	3	4	5
40. Undressing with members of a group increases my feelings of intimacy.	5	4	3	2	1
41. I try to trust and be close to others.	1	2	3	4	5
42. I think that people who want to become intimate have hidden reasons for wanting closeness.	5	4	3	2	1
43. When I become intimate with another person, the possibility of my being manipulated is increased.	5	4	3	2	1
44. I am generally a secretive person.	5	4	3	2	1
45. I feel that sex and intimacy are the same, and one cannot exist without the other.	5	4	3	2	1
46. I can only be intimate in a physical relationship.	5	4	3	2	1
47. The demands placed on me by those with whom I have intimate relationships often inhibit my own satisfaction.	5	4	3	2	1
48. I would compromise to maintain an intimate relationship.	1	2	3	4	5
49. When I am physically attracted to another, I usually want to become intimate with the person.	1	2	3	4	5
50. I understand and accept that intimacy leads to bad feelings as well as good feelings.	1	2	3	4	5

(over)

## WELLNESS WORKSHEET 29 — continued

### Scoring

To calculate your total score, add up the items you circled. Find the score on the table below that is closest to your total score.

150	Significantly below average
161	Somewhat below average
172	Average
183	Somewhat above average
194	Significantly above average