

Differentiation of Self-Scale

	Not at all true of me					Very true of me
1. People have remarked that I'm overly emotional.	1	2	3	4	5	6
2. I have difficulty expressing my feelings to people I care for.	1	2	3	4	5	6
3. I often feel inhibited around my family.	1	2	3	4	5	6
4. I tend to remain pretty calm even under stress.	1	2	3	4	5	6
5. I'm likely to smooth over or settle conflicts between two people whom I care about.	1	2	3	4	5	6
6. When someone close to me disappoints me, I withdraw from him or her for a time.	1	2	3	4	5	6
7. No matter what happens in my life, I know that I'll never lose my sense of who I am.	1	2	3	4	5	6
8. I tend to distance myself when people get too close to me	1	2	3	4	5	6
9. It has been said (or could be said) of me that I am still very attached to my parents.	1	2	3	4	5	6
10. I wish that I weren't so emotional.	1	2	3	4	5	6
11. I usually do not change my behavior simply to please another person.	1	2	3	4	5	6
12. My partner could not tolerate it if I expressed to him/her my true feelings about some things.	1	2	3	4	5	6
13. Whenever there is a problem in my relationship, I'm anxious to get it settled right away.	1	2	3	4	5	6
14. At times my feelings get the best of me and I have trouble thinking clearly.	1	2	3	4	5	6
15. When I am having an argument with someone, I can separate my thoughts about the issue from my feelings about the person.	1	2	3	4	5	6
16. I'm often uncomfortable when people get too close to me.	1	2	3	4	5	6
17. It's important for me to keep in touch with my parents regularly.	1	2	3	4	5	6
18. At times, I feel as if I'm riding an emotional roller coaster.	1	2	3	4	5	6
19. There's no point in getting upset about things I cannot change.	1	2	3	4	5	6
20. I'm concerned about losing my independence in intimate relationships.	1	2	3	4	5	6
21. I'm overly sensitive to criticism.	1	2	3	4	5	6

22. When my spouse or partner is away for too long, I feel like I am missing a part of me.	1	2	3	4	5	6
23. I'm fairly self-accepting	1	2	3	4	5	6
24. I often feel that my spouse or partner wants too much from me.	1	2	3	4	5	6
25. I try to live up to my parents' expectations.	1	2	3	4	5	6
26. If I have had an argument with my spouse or partner, I tend to think about it all day.	1	2	3	4	5	6
27. I am able to say no to others even when I feel pressured by them.	1	2	3	4	5	6
28. When one of my relationships becomes very intense, I feel the urge to run away from it.	1	2	3	4	5	6
29. Arguments with my parent(s) or sibling(s) can still make me feel awful.	1	2	3	4	5	6
30. If someone is upset with me, I can't seem to let it go easily.	1	2	3	4	5	6
31. I'm less concerned that others approve of me than I am about doing what I think is right.	1	2	3	4	5	6
32. I would never consider turning to any of my family members for emotional support.	1	2	3	4	5	6
33. I find myself thinking a lot about my relationship with my spouse or partner.	1	2	3	4	5	6
34. I'm very sensitive to being hurt by others.	1	2	3	4	5	6
35. My self-esteem really depends on how others think of me.	1	2	3	4	5	6
36. When I'm with my spouse or partner, I often feel smothered.	1	2	3	4	5	6
37. I worry about people close to be getting sick, hurt, or upset.	1	2	3	4	5	6
38. I often wonder about the kind of impression I create.	1	2	3	4	5	6
39. When things go wrong, talking about them usually makes it worse.	1	2	3	4	5	6
40. I feel things more intensely than others do.	1	2	3	4	5	6
41. I usually do what I believe is right regardless of what others say.	1	2	3	4	5	6
42. Our relationship might be better if my spouse or partner would give me the space I need.	1	2	3	4	5	6
43. I tend to feel pretty stable under stress.	1	2	3	4	5	6