

SOCIAL SUPPORT

Directions: The statements that follow refer to feelings and experiences that occur to most people at one time or another in their relationships with **FRIENDS**. When thinking about friends, please do not include family members. For each statement there are five possible answers (1 through 5) ranging from “Yes” to “No.” Please check the answer you choose for each item.

Yes

No

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1. My friends give me the moral support I need.
2. Most other people are closer to their friends than I am.
3. My friends enjoy hearing about what I think.
4. Certain friends come to me when they have problems or need advice.
5. I rely on my friends for emotional support.
6. If I felt that one or more of my friends were upset with me, I'd just keep it to myself.
7. I feel that I'm on the fringe in my circle of friends.
8. There is a friend I could go to if I were just feeling down, without feeling funny about it later.
9. My friends and I are very open about what we think about things.
10. My friends are sensitive to my personal needs.
11. My friends come to me for emotional support.
12. My friends are good at helping me solve problems.
13. I have a deep sharing relationship with a number of friends.
14. My friends get good ideas about how to do things or make things from me.
15. When I confide in friends, it makes me feel uncomfortable.
16. My friends seek me out for companionship.
17. I think that my friends feel that I'm good at helping them solve problems.
18. I don't have a relationship with a friend that is as intimate as other people's relationships with friends.
19. I've recently gotten a good idea about how to do something from a friend.
20. I wish my friends were much different.

--OVER PLEASE--

Directions: The statements that follow refer to feelings and experiences that occur to most people at one time or another in their relationships with **FAMILIES**. When thinking about family, please do not include friends. For each statement there are five possible answers (1 through 5) ranging from “Yes” to “No”. Please check the answer you choose for each item.

Yes

No

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1. My family gives me the moral support I need.
2. I get good ideas about how to do things or make things from my family.
3. When I confide in the members of my family who are closest to me, I get the idea that it makes them uncomfortable.
4. Most other people are closer to their families than I am.
5. My family enjoys hearing about what I think.
6. Members of my family share many of my interests.
7. Certain members of my family come to me when they have problems or need advice.
8. I rely on my family for emotional support.
9. There is a member of my family I could go to if I were just feeling down, without feeling funny about it later.
10. My family and I are very open about what we think about things.
11. My family is sensitive to my personal needs.
12. Members of my family come to me for emotional support.
13. Members of my family are good at helping me solve problems.
14. I have a deep sharing relationship with a number of members of my family.
15. Members of my family get good ideas about how to do things or make things from me.
16. When I confide in members of my family, it makes me uncomfortable.
17. Members of my family seek me out for companionship.
18. I think that my family feels that I’m good at helping them solve problems.
19. I don’t have a relationship with a member of my family that is as close as other people’s relationships with family members.
20. I wish my family were much different.