

Supplemental Materials

Study Measures

Studies 1-3: Attachment

Experiences in Close Relationships Scale – Short Form

Instructions: These questions are concerned with your experiences in romantic relationships. Take a moment to think about these experiences and answer the following questions with them in mind. Please read each of the following statements carefully. Please use the following scale.

1	2	3	4	5	6	7
Strongly Disagree			Neither agree or disagree			Strongly Agree

- _____ 1. It helps to turn to my romantic partner in times of need.
- _____ 2. I need a lot of reassurance that I am loved by my partner.
- _____ 3. I want to get close to my partner, but I keep pulling back.
- _____ 4. I find that my partner(s) don't want to get as close as I would like.
- _____ 5. I turn to my partner for many things, including comfort and reassurance.
- _____ 6. My desire to be very close sometimes scares people away.
- _____ 7. I try to avoid getting too close to my partner.
- _____ 8. I do not often worry about being abandoned.
- _____ 9. I usually discuss my problems and concerns with my partner.
- _____ 10. I get frustrated if romantic partners are not available when I need them.
- _____ 11. I am nervous when partners get too close to me.
- _____ 12. I worry that romantic partners won't care about me as much as I care about them.

Study 1

Self-reported Relationship Satisfaction: Relationship Assessment Scale

Instructions: Please answer the following questions in regard to your relationship with your current romantic partner. Please indicate the number that best answers the question.

1. How well does your partner meet your needs?
1 2 3 4 5
Poorly Average Extremely well
2. In general, how satisfied are you with your relationship?
1 2 3 4 5
Unsatisfied Average Extremely satisfied
3. How good is your relationship compared to most?
1 2 3 4 5
Poor Average Excellent
4. How often do you wish you hadn't gotten in this relationship?
1 2 3 4 5
Never Average Very often
5. To what extent has your relationship met your original expectations?
1 2 3 4 5
Hardly at all Average Completely
6. How much do you love your partner?
1 2 3 4 5
Not much Average Very much
7. How many problems are there in your relationship?
1 2 3 4 5
Very few Average Very many

Study 1

Perceived Partner Relationship Satisfaction: Relationship Assessment Scale

Instructions: Please put yourself in YOUR PARTNER'S shoes for a moment. For each statement, please indicate the number that best reflects *how you think your partner feels*.

1. How well does [your partner] think you meet his or her needs?

1	2	3	4	5
Poorly		Average		Extremely well

2. In general, how satisfied is [your partner] with your relationship?

1	2	3	4	5
Unsatisfied		Average		Extremely satisfied

3. How good would [your partner] say is your relationship compared to most?

1	2	3	4	5
Poor		Average		Excellent

4. How often do you think [your partner] wishes he or she hadn't gotten in this relationship?

1	2	3	4	5
Never		Average		Very often

5. To what extent do you think your relationship has met [your partner's] original expectations?

1	2	3	4	5
Hardly at all		Average		Completely

6. How much do you think [your partner] loves you?

1	2	3	4	5
Not much		Average		Very much

7. How many problems would [your partner] say is in your relationship?

1	2	3	4	5
Very few		Average		Very many

Study 2

Self-reported Relationship Satisfaction: Quality of Relationship Index

Instructions: The following six statements describe different qualities of your romantic relationship. For each statement, please indicate the number that best reflects your disagreement or agreement with that statement, from 1 (very strong disagreement) to 7 (very strong agreement) based on the current quality of the romantic relationship.

- | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|----------|---|---|---|----------------|---|-------------------------|---|
| | <i>Very strong</i> | | | <i>Neutral</i> | | <i>Very strong</i> | |
| | <i><u>disagreement</u></i> | | | | | <i><u>agreement</u></i> | |
| _____ 1. | We have a good relationship. | | | | | | |
| _____ 2. | My relationship with my partner is stable. | | | | | | |
| _____ 3. | Our relationship is strong. | | | | | | |
| _____ 4. | My relationship with my partner makes me happy. | | | | | | |
| _____ 5. | I really feel like <u>part of a team</u> with my partner. | | | | | | |
| _____ 6. | Everything considered, there could not be more happiness in our relationship. | | | | | | |

Study 2

Perceived Partner Relationship Satisfaction: Quality of Relationship Index

Instructions: The following six statements describe different qualities of your romantic relationship. For each statement, please indicate the number that best reflects how much **you** **think your partner** disagrees or agrees with that statement, from 1 (very strong disagreement) to 7 (very strong agreement) based on the current quality of the romantic relationship.

1	2	3	4	5	6	7
Very strong			Neutral			Very strong
<u>disagreement</u>						<u>agreement</u>

- ___ 1. We have a good relationship.
- ___ 2. My relationship with my partner is stable.
- ___ 3. Our relationship is strong.
- ___ 4. My relationship with my partner makes me happy.
- ___ 5. I really feel like part of a team with my partner.
- ___ 6. Everything considered, there could not be more happiness in our relationship.

Study 2

Self-reported Relationship Commitment: Investment Model Scale

Instructions: Please indicate how much you agree with the following statements.

0	1	2	3	4	5	6	7	8
Do not agree at all				Somewhat agree				Agree completely

- _____ 1. I want our relationship to last for a very long time.
- _____ 2. I am committed to maintaining my relationship with my partner.
- _____ 3. I would not feel very upset if our relationship were to end in the near future.
- _____ 4. It is likely that I will date someone other than my partner within the next year.
- _____ 5. I feel very attached to our relationship – very strongly linked to my partner.
- _____ 6. I want our relationship to last forever.
- _____ 7. I am oriented toward the long-term future of my relationship (for example, I imagine
being with my partner several years from now).

Study 2

Perceived Partner Relationship Commitment: Investment Model Scale

Instructions: Please indicate how much **you think your partner** agrees with the following statements.

0	1	2	3	4	5	6	7	8
Do not agree at all				Somewhat agree				Agree completely
_____	1. I want our relationship to last for a very long time.							
_____	2. I am committed to maintaining my relationship with my partner.							
_____	3. I would not feel very upset if our relationship were to end in the near future.							
_____	4. It is likely that I will date someone other than my partner within the next year.							
_____	5. I feel very attached to our relationship – very strongly linked to my partner.							
_____	6. I want our relationship to last forever.							
_____	7. I am oriented toward the long-term future of my relationship (for example, I imagine being with my partner several years from now).							

Study 3

Self-reported Relationship Satisfaction: Investment Model Scale

Instructions: Please indicate how much you agree with the following statements. These statements pertain to your relationship with your CURRENT romantic partner.

0	1	2	3	4	5	6	7	8
Do not agree at all				Somewhat agree				Agree completely
_____ 1. I feel satisfied with our relationship.								
_____ 2. My relationship is much better than others' relationships.								
_____ 3. My relationship is close to ideal.								
_____ 4. Our relationship makes me very happy.								
_____ 5. Our relationship does a good job of fulfilling my needs for intimacy, companionhip, etc.								

Study 3

Perceived Partner Satisfaction: Investment Model Scale

Instructions: Please indicate how much your partner WOULD AGREE with the following statements. These statements pertain to your partner's relationship with you.

0	1	2	3	4	5	6	7	8
Do not agree at all				Somewhat agree				Agree completely
_____	1. I feel satisfied with our relationship.							
_____	2. My relationship is much better than others' relationships.							
_____	3. My relationship is close to ideal.							
_____	4. Our relationship makes me very happy.							
_____	5. Our relationship does a good job of fulfilling my needs for intimacy, companionship, etc.							

Study 3

Self-reported Relationship Commitment: Investment Model Scale

Instructions: Please indicate how much you agree with the following statements. These statements pertain to your relationship with your CURRENT romantic partner.

0	1	2	3	4	5	6	7	8
Do not agree at all				Somewhat agree				Agree completely

_____ 1. I want our relationship to last for a very long time.

_____ 2. I am committed to maintaining my relationship with my partner.

_____ 3. I would not feel very upset if our relationship were to end in the near future.

_____ 4. It is likely that I will date someone other than my partner within the next year.

_____ 5. I feel very attached to our relationship – very strongly linked to my partner.

_____ 6. I want our relationship to last forever.

_____ 7. I am oriented toward the long-term future of my relationship (for example, I imagine being with my partner several years from now).

Study 3

Perceived Partner Relationship Commitment: Investment Model Scale

Instructions: Please indicate how much your partner **WOULD AGREE** with the following statements. These statements pertain to your partner's relationship with you.

0	1	2	3	4	5	6	7	8
Do not agree at all				Somewhat agree				Agree completely

- _____ 1. I want our relationship to last for a very long time.
- _____ 2. I am committed to maintaining my relationship with my partner.
- _____ 3. I would not feel very upset if our relationship were to end in the near future.
- _____ 4. It is likely that I will date someone other than my partner within the next year.
- _____ 5. I feel very attached to our relationship – very strongly linked to my partner.
- _____ 6. I want our relationship to last forever.
- _____ 7. I am oriented toward the long-term future of my relationship (for example, I imagine being with my partner several years from now).

Study 3

Self-reported Responsiveness Given

Instructions: Please select the answer that corresponds to how much you feel the following statements are accurate about you.

1	2	3	4	5	6	7
Not at all						Very much so

- 1) I try to make my partner feel comfortable about him/herself and how he/she feels.
- 2) I try to make my partner feel valued as a person.
- 3) I try to be sensitive to my partner's feelings.
- 4) I really try to understand my partner's concerns.
- 5) I really listen to my partner when he/she talks.
- 6) I behave warmly toward my partner.

Study 3

Self-reported Responsiveness Received

Instructions: Please select the answer that corresponds to how much you feel the following statements are accurate about you.

- | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|--|---|---|---|---|---|-----------------|
| Not at all | | | | | | Very much
so |
| 1) My partner tries to make me feel comfortable about myself and how I feel. | | | | | | |
| 2) My partner tries to make me feel valued as a person. | | | | | | |
| 3) My partner tries to be sensitive to my feelings. | | | | | | |
| 4) My partner really tries to understand my concerns. | | | | | | |
| 5) My partner really listens to me when I talk. | | | | | | |
| 6) My partner behaves warmly toward me. | | | | | | |