

Measures

Exchange and Communal Orientation

Read each statement below and indicate the extent to which it sounds like you.

1 = definitely does not sound like me

2 = does not sound like me

3 = neutral

4 = sounds like me

5 = definitely sounds like me

- * 1. It bothers me when my partner neglects my needs.
- * 2. When making a decision, I take my partner's needs and feelings into account.
- ^ 3. When I give something to my partner I generally expect something in return.
- * R 4. I'm not especially sensitive to my partner's feelings.
- ^ 5. When my partner buys me a gift, I try to buy my partner as comparable a gift as possible.
- * R 6. I don't consider myself to be a particularly helpful person to my partner.
- * 7. I believe that my partner should go out of his/her way to be helpful to me.
- ^ R 8. I don't think that I should feel obligated to repay my partner for favors.
- ^ R 9. I wouldn't feel exploited if my partner failed to repay me for a favor.
- * R 10. I don't especially enjoy giving my partner aid.
- ^ R 11. I don't bother to keep track of benefits I have given my partner.
- * 12. I expect my partner to be responsive to my needs and feelings.
- * 13. I often go out of my way to help my partner.
- * R 14. I believe it's best not to get involved in taking care of my partner's personal needs.
- ^ 15. When my partner receives benefits from me, he/she ought to repay them right away.
- * R 16. I'm not the sort of person who often comes to the aid of my partner.
- ^ 17. It's best to make sure things are always kept "even between myself and my partner.
- * 18. When I have a need, I turn to my partner for help.
- * R 19. When my partner gets emotionally upset, I tend to avoid him/her.
- ^ 20. I usually give gifts to my partner only when he/she has given me a gift.
- * R 21. I believe my partner should keep his/her troubles to him/herself.
- ^ R 22. When my partner helps me out on a project, I don't feel I have to pay him/her back.
- * 23. When I have a need that my partner ignores, I'm hurt.

* Items from the communal orientation scale.

^ Items from the exchange orientation scale.

R reverse scored items.

Daily Intimacy

Please use the following rating scales to characterize your relationship in the last 24 hours:

Physically intimate	1	2	3	4	5	6	7	Not physically intimate
Emotionally close	1	2	3	4	5	6	7	Emotionally distant
Connected	1	2	3	4	5	6	7	Separated

Profile of Mood States - Negative Evening Mood

Here is a list of feelings or experiences. Please rate the extent to which you feel or experience these RIGHT NOW, IN THE EVENING. Circle the appropriate number:

	Not at all		A little		Moder ately		Quite a bit		Extre- mely
^ On Edge	1	1.5	2	2.5	3	3.5	4	4.5	5
+ Sad	1	1.5	2	2.5	3	3.5	4	4.5	5
^ Uneasy	1	1.5	2	2.5	3	3.5	4	4.5	5
* Annoyed	1	1.5	2	2.5	3	3.5	4	4.5	5
^ Anxious	1	1.5	2	2.5	3	3.5	4	4.5	5
* Resentful	1	1.5	2	2.5	3	3.5	4	4.5	5
* Angry	1	1.5	2	2.5	3	3.5	4	4.5	5
+ Discouraged	1	1.5	2	2.5	3	3.5	4	4.5	5
^ Nervous	1	1.5	2	2.5	3	3.5	4	4.5	5
* Peeved	1	1.5	2	2.5	3	3.5	4	4.5	5
+ Hopeless	1	1.5	2	2.5	3	3.5	4	4.5	5
+ Worthless	1	1.5	2	2.5	3	3.5	4	4.5	5

* Items from the anger subscale

^ Items from the anxious subscale

+ Items from the depressed subscale

References

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- Clark, M. S., Taraban, C. B., Wesner, K., & Ho, J. (1989). A measure of exchange orientation and its relation to keeping track of inputs, reactions to receiving help, and styles of dividing rewards. *Unpublished Manuscript, Carnegie Mellon University, Pittsburgh, PA.*
- Mills, J., & Clark, M. S. (1994). Communal and exchange relationships: Controversies and research. In R. Erber & R. Gilmour (Eds.), *Theoretical Frameworks for Personal Relationships* (pp. 29–42). Lawrence Earlbaum Associates.