

INSTRUCTIONS:

This scale is made up of a list of statements each of which may or may not be true about you. For each statement place an “X” over the circle indicating how true that statement is about you.

	Definitely False	Probably False	Probably True	Definitely True
	1	2	3	4
1. If I wanted to go on a trip for a day (for example, to the country or mountains), I would have a hard time finding someone to go with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I feel that there is no one I can share my most private worries and fears with.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. If I were sick, I could easily find someone to help me with my daily chores.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. There is someone I can turn to for advice about handling problems with my family.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. If I decided one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I don't often get invited to do things with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (plants, pets, garden, etc.).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. If I wanted to have lunch with someone, I could easily find someone to join me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. If I was stranded 10 miles from home, there is someone I could call who could come and get me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>