This scale is made up of a list of statements each of which may or may not be true about you. For each statement check “definitely true” if you are sure it is true about you and “probably true” if you think it is true but are not absolutely certain. Similarly, you should check “definitely false” if you are sure the statement is false and “probably false” is you think it is false but are not absolutely certain.

1. **There are several people that I trust to help solve my problems.**
   - ____ definitely true (3)
   - ____ probably true (2)
   - ____ probably false (1)
   - ____ definitely false (0)

2. **If I needed help fixing an appliance or repairing my car, there is someone who would help me.**
   - ____ definitely true (3)
   - ____ probably true (2)
   - ____ probably false (1)
   - ____ definitely false (0)

3. **Most of my friends are more interesting than I am.**
   - ____ definitely true (3)
   - ____ probably true (2)
   - ____ probably false (1)
   - ____ definitely false (0)

4. **There is someone who takes pride in my accomplishments.**
   - ____ definitely true (3)
   - ____ probably true (2)
   - ____ probably false (1)
   - ____ definitely false (0)

5. **When I feel lonely, there are several people I can talk to.**
   - ____ definitely true (3)
   - ____ probably true (2)
   - ____ probably false (1)
   - ____ definitely false (0)

6. **There is no one that I feel comfortable to talking about intimate personal problems.**
   - ____ definitely true (3)
   - ____ probably true (2)
   - ____ probably false (1)
   - ____ definitely false (0)

7. **I often meet or talk with family or friends.**
   - ____ definitely true (3)
   - ____ probably true (2)
   - ____ probably false (1)
   - ____ definitely false (0)

8. **Most people I know think highly of me.**
   - ____ definitely true (3)
   - ____ probably true (2)
   - ____ probably false (1)
   - ____ definitely false (0)

9. **If I needed a ride to the airport very early in the morning, I would have a hard time finding someone to take me.**
   - ____ definitely true (3)
   - ____ probably true (2)
   - ____ probably false (1)
   - ____ definitely false (0)

10. **I feel like I’m not always included by my circle of friends.**
    - ____ definitely true (3)
    - ____ probably true (2)
    - ____ probably false (1)
    - ____ definitely false (0)
11. There really is no one who can give me an objective view of how I’m handling my problems.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

12. There are several different people I enjoy spending time with.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

13. I think that my friends feel that I’m not very good at helping them solve their problems.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

14. If I were sick and needed someone (friend, family member, or acquaintance) to take me to the doctor, I would have trouble finding someone.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

15. If I wanted to go on a trip for a day (e.g., to the mountains, beach, or country), I would have a hard time finding someone to go with me.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

16. If I needed a place to stay for a week because of an emergency (for example, water or electricity out in my apartment or house), I could easily find someone who would put me up.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

17. I feel that there is no one I can share my most private worries and fears with.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

18. If I were sick, I could easily find someone to help me with my daily chores.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

19. There is someone I can turn to for advice about handling problems with my family.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

20. I am as good at doing things as most other people are.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

21. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)
22. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

23. If I needed an emergency loan of $100, there is someone (friend, relative, or acquaintance) I could get it from.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

24. In general, people do not have much confidence in me.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

25. Most people I know do not enjoy the same things that I do.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

26. There is someone I could turn to for advice about making career plans or changing my job.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

27. I don’t often get invited to do things with others.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

28. Most of my friends are more successful at making changes in their lives than I am.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

29. 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 (the plants, pets, garden, etc.).

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

30. There really is no one I can trust to give me good financial advice.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

31. If I wanted to have lunch with someone, I could easily find someone to join me.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)

32. I am more satisfied with my life than most people are with theirs.

____ definitely true (3)  ____ probably true (2)  ____ probably false (1)  ____ definitely false (0)
33. If I was stranded 10 miles from home, there is someone I could call who would come and get me.
   ____ definitely true (3)   ____ probably true (2)   ____ probably false (1)   ____ definitely false (0)

34. No one I know would throw a birthday party for me.
   ____ definitely true (3)   ____ probably true (2)   ____ probably false (1)   ____ definitely false (0)

35. It would me difficult to find someone who would lend me their car for a few hours.
   ____ definitely true (3)   ____ probably true (2)   ____ probably false (1)   ____ definitely false (0)

36. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.
   ____ definitely true (3)   ____ probably true (2)   ____ probably false (1)   ____ definitely false (0)

37. I am closer to my friends than most other people are to theirs.
   ____ definitely true (3)   ____ probably true (2)   ____ probably false (1)   ____ definitely false (0)

38. There is at least one person I know whose advice I really trust.
   ____ definitely true (3)   ____ probably true (2)   ____ probably false (1)   ____ definitely false (0)

39. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.
   ____ definitely true (3)   ____ probably true (2)   ____ probably false (1)   ____ definitely false (0)

40. I have a hard time keeping pace with my friends.
   ____ definitely true (3)   ____ probably true (2)   ____ probably false (1)   ____ definitely false (0)