

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” if 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 be 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)