

## SAAM

### Instructions

The following statements concern how you feel **right now**. Please respond to each statement by indicating how much you agree or disagree with it as it reflects your **current** feelings. Please circle the number on the 1-to-7 scale that best indicates how you feel at the moment:

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<i>Disagree Strongly</i>	.....	.....	<i>Neutral/Mixed</i>	.....	.....	<i>Agree Strongly</i>

### Statements

#### *Right now...*

Anx	1.	I wish someone would tell me they really love me
Avo	2.	I would be uncomfortable having a good friend or a relationship partner close to me
Avo	3.	I feel alone and yet don't feel like getting close to others
Sec	4.	I feel loved
Anx	5.	I wish someone close could see me now
Sec	6.	If something went wrong right now I feel like I could depend on someone
Sec	7.	I feel like others care about me
Anx	8.	I feel a strong need to be unconditionally loved right now
Avo	9.	I'm afraid someone will want to get too close to me
Avo	10.	If someone tried to get close to me, I would try to keep my distance
Sec	11.	I feel relaxed knowing that close others are there for me right now
Anx	12.	I really need to feel loved right now
Sec	13.	I feel like I have someone to rely on
Anx	14.	I want to share my feelings with someone
Avo	15.	I feel like I am loved by others but I really don't care
Avo	16.	The idea of being emotionally close to someone makes me nervous
Anx	17.	I want to talk with someone who cares for me about things that are worrying me
Sec	18.	I feel secure and close to other people
Anx	19.	I really need someone's emotional support
Sec	20.	I feel I can trust the people who are close to me
Avo	21.	I have mixed feelings about being close to other people