
Avoidance of Interpersonal Intimacy (items 1-8)

- 1 I do not want to share things about myself with others.
- 2 I intentionally hide my feelings.
- 3 I start to talk about what I am going through, and then decide it is better to keep my feelings to myself.
- 4 When friends ask me about how I am doing, I choose not to tell them.
- 5 I feel the need to keep secrets from people who are close to me.
- 6 I have problems being close with others.
- 7 I have difficulty making conversation with people.
- 8 I avoid asking people for help in meeting my needs.

Argumentativeness or Disagreement (items 9 to 15)

- 1 I deliberately upset the other person during an argument.
- 2 When I am arguing with someone, the argument goes on for a long time.
- 3 People say I am not willing to compromise when there is a conflict.
- 4 When I am arguing with someone, the argument becomes more intense as time goes on.
- 5 When I have a disagreement with another person, I explain repeatedly why I think I am right.
- 6 If someone gives me feedback that I don't like, I do the opposite of what the person wants.
- 7 When people give me unfavorable feedback, I argue with them.

Connection and Reciprocity (items 16-19)

- 1 Close relationships are important to me. (reverse scored)
- 2 I feel that there are times when it is beneficial to express disagreement in a relationship. (reverse scored)
- 3 I listen to others and offer them support. (reverse scored)
- 4 I ask other people to tell me about their feelings and their experiences (reverse scored)

Conflict Aversion (items 20-22)

- 1 I withdraw in the face of conflict, regardless of the circumstances.
- 2 I avoid conflict at all costs.
- 3 In order to avoid conflict, I try to anticipate what the other person wants me to do.

Emotional Experience and Expression (items 23-27)

- 1 My emotional responses make sense to me when I consider the circumstances. (reverse scored)
- 2 I have problems with my emotions.
- 3 I can tell the difference between one emotion and another. (reverse scored)
- 4 I have problems identifying what I am feeling.
- 5 I express my emotions at appropriate times and places. (reverse scored)

Excessive Expressivity (items 28-32)

- 1 People tell me that when I talk about my own experience, I share information that is too personal.
 - 2 People say that I talk about my feelings too much.
 - 3 I am told that I talk too much about myself.
 - 4 People are annoyed by the way that I express my emotions.
 - 5 I express my emotions in an overly intense manner.
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Internal Consistency for FIAT-Q-SF Subscales

Factor	Cronbach's Alpha
1	.82
2	.74
3	.64
4	.72
5	.75
6	.77

T-test examining test-retest reliability of FIAT-Q-SF

	Mean	SD	<i>t</i> (<i>df</i>)	<i>p</i>
FIATQ-SF Score Time 1	-16.56	18.31	-.533(31)	.598
FIATQ-SF Score Time 2	-15.41	18.4		