The FAP Intimacy Scale (FAPIS)

Please choose the person in your life whom you are closest who is NOT a romantic or sexual partner. This person could be a parent or other family member, a friend, a co-worker or a teacher, or someone else. Please answer the following questions about your relationship with this person.

1. What type of relationship are you describing?

- Parent
- Sibling

Other family member (please describe: _____)

- \square Friend
- Romantic Partner
- Other please describe: _____)

2. How long have you been in this relationship (in months)?

Please read each statement carefully and then circle the number which best describes how much the statement was true for you DURING THE PAST WEEK, INCLUDING TODAY.

	0 Not at all	1	2 A little	3	4 A lot		5	6 Completely			
					0	1	2	3	4	5	6
1.	I showed my to with this perso		gs and was complet	tely natural							
2.	I was comforta this person.	able discus	ssing significant pro	oblems with							
3.	I felt comfortable telling this person things that I do not tell other people.										
4.	I trusted this person with my deepest thoughts and feelings.										
5.	I revealed to this person what I feel are my shortcomings.										
6.	I expressed lov	/ing, carin	g feelings toward t	his person.							
7.	I was open and	d loving w	ith this person.								
8.	I attempted to	get close	r to this person.								
9.	I expressed my feelings about this person directly to him/her.										
10.	At times I kept how this perso	-	to myself because eact.	I was afraid of							
11.	I kept very per share it with th		rmation to myself	and did not							
12.	When I talked	to this pe	rson, I stuck to safe	e topics.							
13.	There were tin person.	nes when	I held back informa	ation from this							
14.	I hid my emoti	ons from	this person.								