

University of Pennsylvania Medical Center: Center for Psychotherapy Research

Patient No: _____	Patient Init: _____	Eval. Code: _____ Sess: _____
Eval. Date: ___/___/___	Rater: _____	Study No: _____

SUIP-R SCALE (Time 1)* Revision 3

The following items present experiences that people sometimes have in their relationships. For each item, please circle all the letters ("a" through "g") that represent how you understand the experience. There may be more than one item that represents your experience. Next rate how important each experience is in your current relationships by circling a number on the 10 point scale labeled "H".

- 1) I feel the need to "save" others when I see them having a tough time and therefore try to solve their problems for them:**
- a) I do not feel and act this way in my current relationships.
 - b) I feel and act this way with at least one person in my life.
 - c) I feel and act this way with multiple people in my life.
 - d) I feel and act this way with multiple people because of my past relationship experiences.
 - e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
 - f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
 - g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

- 2) I feel the need to guide others when I see them about to make a mistake and wind up telling them what to do:**
- a) I do not feel and act this way in my current relationships.
 - b) I feel and act this way with at least one person in my life.
 - c) I feel and act this way with multiple people in my life.
 - d) I feel and act this way with multiple people because of my past relationship experiences.
 - e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
 - f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
 - g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

- 3) I need someone to truly understand me, and feel hurt when he/she cannot relate to my feelings:**
- a) I do not feel and act this way in my current relationships.
 - b) I feel and act this way with at least one person in my life.
 - c) I feel and act this way with multiple people in my life.
 - d) I feel and act this way with multiple people because of my past relationship experiences.
 - e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
 - f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
 - g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

*M.B. Connolly (1997), unpublished scale.

7) I feel the need to be close to someone and have difficulty letting them have the space they need:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

8) I need to be trusted by someone, and feel rejected when they do not trust me:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

9) I need to trust someone, yet I distance myself from that person when they act in a dishonest way:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

16) I would like to feel free to do my own thing, so I separate myself completely from another when I feel he/she is trying to butt in and take over:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

17) I want someone to look after me and I feel angry when he/she doesn't notice me or pay any attention to me:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

18) I want to be able to count on someone else, but when he/she neglects my needs I shut myself off from him/her and feel sad:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

Patient No: _____

19) I want another person to accept me as I am, but I bottle up my feelings and do whatever the other wants when I feel like he/she is putting me down:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

20) I want to be close to someone, so I try to do things the other person's way in order to please him/her when I see that the other person is too busy with his/her own thing to notice me:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

21) I want to stay and take care of another person, but I go my own separate way when he/she tries to tell me what to do:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

Patient No: _____

22) I need for someone to take care of me, so when I see him/her abandoning me I feel angry but try to do whatever he/she wants:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

23) I want someone to pay close attention to me, but I shut myself off from him/her and feel angry when he/she puts me down:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

24) I want another to go his/her separate way, but he/she checks in with me about every little thing just because I have a clear opinion about things:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not **somewhat** **very**
important **important** **important**

25) I want to be able to tell someone my innermost thoughts, but I close myself off from him/her when he/she neglects my needs:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not somewhat very
important important important

26) I want someone to feel free to express to me the way he/she feels, but he/she just goes along with what I want when I clearly state my own opinion:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not somewhat very
important important important

27) I want someone to invite me to be close to him/her, but I close myself off when I see that the other person is unaware of my needs:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
not somewhat very
important important important

Patient No: _____

28) I want to leave someone free to be whatever he/she thinks is best, but in order to make sure that things turn out right I wind up telling him/her exactly what to do even when he/she resists me:

- a) I do not feel and act this way in my current relationships.
- b) I feel and act this way with at least one person in my life.
- c) I feel and act this way with multiple people in my life.
- d) I feel and act this way with multiple people because of my past relationship experiences.
- e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
- f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
- g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-----2-----3-----4-----5-----6-----7-----8-----9-----10
 not somewhat very
 important important important