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.
### Internal Consistency for **FIAT-Q-SF** Subscales

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

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