

Self-esteem		
15. Do you feel a deep pessimism about your ability to experience lasting intimate relationships?	Pessimism about relationships	Summary <ul style="list-style-type: none"> - Pessimism about relationships - Shame - Avoid relationships - Feelings of superiority/inferiority - Stay in bad relationships - Damaged capacity for intimacy - Envy - Inauthentic demonstrativeness - Expect perfection (from below)
27. Does shame about your life cause you to avoid relationships?	Shame Avoid relationships	
28. Do you use your feelings of superiority or inferiority to set yourself apart from others?	Feelings of superiority or inferiority Set self apart from others	
29. Do you think that no healthy, attractive person or group of people would want someone like you?	Healthy/attractive people/groups are above me [redundant with 28)	
31. Do you think you are not "enough" - smart enough, attractive enough, old enough, young enough, successful enough, healthy enough, _____ enough to deserve a relationship?	Not ... enough to deserve relationship [redundant with 28]	
32. Do you stay in relationships because you feel you don't deserve anything better or can't have anything different?	Stay in bad relationships Don't deserve ... [redundant with 28]	
37. Do you suspect that your capacity to move toward intimacy with another is damaged or dead?	Abilities damaged or dead	
41. Do you feel sex is only for healthy people and will therefore never be for you?	Healthy people not for you [redundant with 28]	
49. Do you feel so different from others that you are afraid no one can care about you or understand you?	Terminally unique [maybe redundant with 28?]	
(envy) 25. Do you envy more outgoing people?	Envy	
(envy) 39. Do you usually feel resentful or envious toward people who have intimate relationships or active social lives?	Resentment/envy [redundant with 25]	
(dishonesty) 26. Do you feel your demonstrativeness is inauthentic?	Inauthentic demonstrativeness	
Fear	List of fears	
8. Are you afraid of being noticed?	Being noticed	List of fears <ul style="list-style-type: none"> - Being noticed - Getting close - Feeling attracted - Relaxing around people - Sex - Setting healthy boundaries - Vulnerability (showing emotion, telling the truth) - Rejection
10. Do you habitually panic or push people away when they start getting close? *	People getting close	
13. Do you usually dread encountering someone to whom you are attracted?	Feeling of attraction	
14. Do you feel safer when a relationship remains at the level of flirting and intrigue?	Going beyond flirting or intrigue [cf 10]	
17. Are you afraid to relax around people because you fear it might lead to a sexual situation?	Relaxing might lead to sex	

23. Is it so difficult for you to set healthy boundaries with others that you withdraw completely?	Setting healthy boundaries	<ul style="list-style-type: none"> - Looking foolish - Being stuck - Being used - Repeating past experiences - Being uncomfortable - Losing control - Accepting invitations
33. Do you find it overwhelmingly difficult to show emotion or to tell the truth to someone you wish to be involved with?	Showing emotion	
	Telling the truth	
	Vulnerability with potential partner	
36. Is your fear of rejection or of looking foolish so intense that you seem to be permanently stuck?	Rejection	
	Looking foolish	
	Permanently stuck	
38. Do you have an overwhelming fear of being socially, sexually, or emotionally, exploited or used?	Being used	
46. Do you consider it not worth the trouble to engage with others because past experiences have been threatening or painful - especially if others want to get close to you? *	Repeating past experiences	
	Getting close [redundant with 14]	
47. Do you feel more comfortable or more in control when you decline sex or relationship or social invitations?	Being uncomfortable	
	Losing control	
	Accepting invitations	
Relationships		
4. Are you alone more than you want, but feel unable to change that?	Alone more than you want	<ul style="list-style-type: none"> - Alone more than you want OR prefer being alone - Trouble developing relationships (even non-sexual) - Aloof - Others exhaust you - Drive others away - Coldness - Aggression - Timidity - Don't question choices - Inappropriate ties to family of origin - Love is missing
	Can't change [redundant with 36]	
5. At work do you have trouble developing relationships?	Trouble developing relationships	
	Relationships at work undeveloped	
6. Do you avoid relationships with a certain gender?	Avoid a certain gender	
7. Do you stay aloof when in groups?	Aloof in groups	
9. Does being in the presence of others exhaust you?	Others exhaust you	
30. Do you have a hard time letting people know you care about them?	Can't tell people you care [redundant with 33]	
34. Do you drive others away by coldness? aggression? timidity?	Drive others away	
	Coldness	
	Aggression	
	Timidity	
35. Do you prefer being alone, rather than question the choices that keep you alone?	Prefer being alone	
	Don't question choices	
44. Are you tied to your family of origin to the exclusion of others?	Tied to family of origin -- exclusively	
50. Do you feel that love is missing from your life, yet don't know what to do about it?	Love is missing from life	
	Don't know how to change [redundant with 4]	
Pleasure		
18. Do you fantasize about having a relationship without actually pursuing a relationship?	Fantasy	<ul style="list-style-type: none"> - Don't pursue relationship - Isolating sexual habits (fantasy, masturbation)
	Don't pursue relationship	
	Sexual habits keep you from relationships	

19. Do your sexual habits, masturbation for instance, keep you from relationships?	Issues with masturbation	<ul style="list-style-type: none"> - Avoid giving pleasure - Avoid having pleasure - Repulsed by sex
20. Anhedonia means the refusal to receive or give pleasure. Do you practice it?	Refusal to receive pleasure	
	Refusal to give pleasure	
21. Do you regularly disown your physical and emotional need for others?	[redundant with 20]	
22. Do you have a hard time playing and having fun with others?	Difficulty playing and having fun (cf 20)	
	Difficulty playing and having fun with others	
40. Do you find sex repugnant?	Repulsed by sex [in the LA list]	
Unavailable people		
12. Do you feel uncomfortable when offered nurturing?	Discomfort with nurturing	<p>Summary</p> <ul style="list-style-type: none"> - Uncomfortable with nurturing - Prefer unavailable people
16. Are you continually attracted to people who don't meet your needs?	Attracted to people who don't meet your needs [cf 45]	
42. Are you more open to people you cannot be sexually close to?	More open with people you can't be sexually close to [cf 10]	
45. Are you mainly attracted to unavailable people?	Attracted to unavailable people [cf 45]	
48. Are you habitually more open to strangers than those you are close to?	More open to strangers [cf 10]	
Time related observations		
1. Do you go for long periods without being involved in a sexual or romantic relationship?	Long periods without sex or romance	<p>Summary (even in relationships) Long time without</p> <ul style="list-style-type: none"> - Sex - Romance - Social activity - Intimacy <p>Time limit relationships</p>
2. Do you go without social activities for extended periods of time?	Long periods without social activity	
3. Although in a relationship, have you found that, for a long while, you have not experienced: romance? sexuality? intimacy? friendship?	In a relationship, lack of <ul style="list-style-type: none"> - Romance - Sexuality - Intimacy - friendship 	
43. When you do date someone, do you set a time limit beforehand on how long you will date that person?	Set time limits on length of relationship	
Inner workings		
11. Do you usually try to withdraw from or completely control emotions?	Withdraw from or control emotions [cf 33]	New item: expecting perfection, could be merged with something above
24. Does everything have to be perfect before you get involved?	Expecting perfection	