

## Dysfunctional Separation-Individuation

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**Directions:** How well does each of the following statements describe you? Listed below are statements that describe various feelings, attitudes and behaviors that people have. Rate how well each statement describes you using the 10-point scale below. Feel free to use any number on the continuum. Simply put the appropriate number on the line next to each statement.

- | <u>Not Characteristic</u> |  | <u>Very Characteristic</u> |   |   |   |   |   |   |    |
|---------------------------|--|----------------------------|---|---|---|---|---|---|----|
| 1                         | 2  | 3                          | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 1. _____                  | When people really care for someone, they often feel worse about themselves.                                 |                            |   |   |   |   |   |   |    |
| 2. _____                  | When someone gets too emotionally close to another person, they often feel worse.                            |                            |   |   |   |   |   |   |    |
| 3. _____                  | It is when people start getting close to someone that they are most likely to get hurt.                      |                            |   |   |   |   |   |   |    |
| 4. _____                  | People need to maintain control over others to keep them from being harmed.                                  |                            |   |   |   |   |   |   |    |
| 5. _____                  | I find that people seem to change whenever I get to know them.   |                            |   |   |   |   |   |   |    |
| 6. _____                  | I find that others often treat me as if I am just there to meet their every wish.                            |                            |   |   |   |   |   |   |    |
| 7. _____                  | I need other people around me to not feel empty.   |                            |   |   |   |   |   |   |    |
| 8. _____                  | I sometimes feel that part of me is lost whenever I agree with someone.                                      |                            |   |   |   |   |   |   |    |
| 9. _____                  | Like others, whenever I see someone I really respect and to whom I look up, I often feel worse about myself. |                            |   |   |   |   |   |   |    |
| 10. _____                 | I find it difficult to form mental pictures of people important to me.                                       |                            |   |   |   |   |   |   |    |
| 11. _____                 | Whenever I am angry with someone, I feel worthless.  |                            |   |   |   |   |   |   |    |
| 12. _____                 | If I were able to tell my deepest thoughts, I would feel empty.  |                            |   |   |   |   |   |   |    |
| 13. _____                 | In my experiences, people always seem to hate me.  |                            |   |   |   |   |   |   |    |
| 14. _____                 | Often, when I am in a close relationship, I find that my sense of who I am gets lost.                        |                            |   |   |   |   |   |   |    |
| 15. _____                 | I find that when I get emotionally close to someone, I sometimes feel that I have lost a part of who I am.   |                            |   |   |   |   |   |   |    |
| 16. _____                 | Getting physical affection itself seems more important to me than who gives it to me.                        |                            |   |   |   |   |   |   |    |

17. \_\_\_\_\_ I find it difficult to really know another person.
18. \_\_\_\_\_ I must admit that whenever I see someone else's faults I feel better
19. \_\_\_\_\_ I am tempted to try to control other people in order to keep them close to me.

PATHSEP