

### *Dysfunctional Individuation Scale (DIS)*

Listed below are statements that describe various feelings, attitudes and behaviors that people have. Using the scale below, please rate the extent to which you agree or disagree with the following statements.

- 1: Strongly Disagree
- 2: Disagree
- 3: Slightly Disagree
- 4: Neither Agree Nor Disagree
- 5: Slightly Agree
- 6: Agree
- 7: Strongly Agree

- 1. It is when people start getting close to someone that they are most likely to get hurt.
- 2. People need to maintain control over others to keep them from being harmed.
- 3. I find that people seem to change whenever I get to know them.
- 4. I find that others often treat me as if I am just there to meet their every wish.
- 5. I need other people around me to not feel empty.
- 6. Often, when I am in a close relationship, I find that my sense of who I am gets lost.
- 7. Getting physical affection itself seems more important to me than who gives it to me.
- 8. I find it difficult to really know another person.
- 9. I must admit that whenever I see someone else's faults I feel better.
- 10. I am tempted to try to control other people in order to keep them close to me.