

Are You Insecure in Your Romantic Relationship?

Everybody has feelings of insecurity now and then – it's part of being human. However, frequent insecurity in a relationship can cause problems. The following survey has been designed to give you some insight into how insecure you are with your romantic relationship. Please keep in mind that this is a *general* assessment, not a diagnostic tool. Please see a mental health care provider for more in-depth testing.

Directions: Please read each statement carefully and select the answer that best describes your situation. Circle the letter (a or b) that corresponds with each answer. When finished, count your total a and b answers and interpret your score at the bottom of the page.

1. When my partner jokes with or teases me about something, I usually

- a. Get upset and offended
- b. Laugh it off

2. If my partner looks at an attractive man or woman, I usually

- a. Feel threatened or upset
- b. Don't worry about it

3. When my partner leaves the house, I typically

- a. Feel anxious
- b. Go about my day and don't worry about my partner

4. When my partner is late coming home, I usually

- a. Question thoroughly and demand to know what he/she has been doing
- b. Trust and accept that he/she is late for legitimate reasons

5. I frequently worry about not being attractive enough to my partner

- a. Yes
- b. No

6. With regard to time away from my partner, I

- a. Dislike any separation from my partner and always want to accompany him/her.
- b. Feel comfortable allowing my partner to have space and time for himself/herself

7. I have accused my partner of cheating on me, without having any tangible evidence.

- a. Yes
- b. No

8. When my partner doesn't call right on time, I usually

- a. Wonder if he/she is seeing someone else
- b. Figure there is a legitimate reason

9. During occasions when my partner doesn't seem to be making me his/her number one priority in life, I

- a. Feel hurt and rejected
- b. Understand that he/she has other important priorities

10. When I go out with my partner, I

- a. Constantly watch to see who he/she is looking at or flirting with
- b. Usually relax and enjoy our time together

11. I feel envious when my partner is having fun with his/her friends.

- a. True
- b. False

12. When someone else finds my partner attractive, I

- a. Feel threatened
- b. Don't worry about it

13. I check up on my partner in one or more of the following ways: calling frequently, making surprise visits, eavesdropping on phone calls, checking messages and emails, or searching through his/her belongings

- a. True
- b. False

14. I dislike hearing about my partner's previous relationship.

- a. True
- b. False

15. I feel negative or competitive toward others of the same sex, especially in the presence of my partner.

- a. True
- b. False

16. I generally feel comfortable talking to my partner honestly and openly about my feelings, good or bad.

- a. False
- b. True

Answer Key:

Answers	Totals	What Your Score Indicates
a		a answers indicate feelings of insecurity in your relationship. The more a answers you choose, the more insecure you feel in your relationship. If you choose mostly a answers you probably feel very insecure.
b		b answers indicate feelings of security in your relationship.

Source:

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Biography

Amy Scholten, MPH, has a Master of Public Health in health promotion and education from the University of South Carolina and a Bachelor of Science in food and nutrition from Framingham State College. She is a freelance health writer and has taught stress management at Ithaca College in Ithaca, NY, USA.