

## Fear Of Intimacy Scale Scoring

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Healing Fear of Intimacy/Avoidant Attachment and Changing Beliefs  
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Why You Think You're Ugly | Melissa Butler | TEDxDetroit  
How To Overcome Your Fear Of Intimacy In Relationships \u0026 Dating Signs You're Afraid of Intimacy  
7 Signs You Have A Fear of Intimacy  
Fear of Intimacy and Shame: The Unconscious Saboteurs Signs You're Afraid Of Intimacy | How To Overcome Your FEAR Of Dating  
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Participants in China (n = 343) and the United States (n = 283) completed measures to assess the reliability and validity of the Fear of Intimacy Scale (Descutner & Thelen, 1991).

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[Fear of Intimacy Scale - University of Washington](#)  
Note. X denotes items reversed for scoring. Development and Validation of a Fear-of-Intimacy Scale Author(s): Carol J. Descutner University of Missouri Mark H. Thelen University of Missouri Source:

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### Appendix A Fear-of-Intimacy Scale

The FIS was designed to assess a specific variable that influences intimacy (fear of intimacy) in a close relationship or at the prospect of a close relationship. The 35-item self-report scale is scored on a 5-point scale anchored by extremely uncharacteristic (1) and extremely characteristic (5) values.

### Fear-of-Intimacy Scale

According to the Fear of Intimacy Scale with Scoring Instructions English and Mandarin: " The range is 35-175 (35 = lowest FIS level; 175 = highest FIS level). FIS = Fear of Intimacy. The U.S. average FIS Score is 80-90 a.

### Is scoring a 137 on the fear of intimacy scale high for a ...

The fear of intimacy scale is an evaluation that is performed to determine an individual's level of fear of intimacy and the prominence of their anxiety. It contains 35 self-evaluation questions. Scores are usually between 35 and 175. A higher the score usually means that there's a higher fear of intimacy.

### Why People Fear Intimacy And What Can Be Done | Betterhelp

Subjects' Fear of intimacy scale scores were significantly related to self-report data (e. g. , subjects with higher scores reported briefer relationships) and positively related to therapists ratings about clients' fear of intimacy. It was also found that androgynous subjects had less fear of intimacy than masculine and undifferentiated subjects.

### 10 Tips on Overcoming the Fear of Intimacy in ...

A high score represents a high level of fear of intimacy. Among women. A study conducted by Reis and Grenyer found that women with depression have much higher levels of fear of intimacy. Another study found that fear of intimacy among women might be strongly associated with actual intimacy instead of desired intimacy. This study also found that the level of the woman's fear of intimacy is a good indicator of the longevity of a couple's relationship.

### Fear of intimacy - Wikipedia

Most people have a fear of intimacy and at the same time are terrified of being alone. Their solution is to form a fantasy bond – an illusion of connection and closeness – that allows them to maintain emotional distance while assuaging loneliness and, in the process, meeting society's expectations regarding marriage and family.

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On a 7- point scale that ranged from no fear of intimacy (1) to a high fear of intimacy (7), therapists rated how much fear of intimacy the client would have in a close, dating relationship. Also, on a 7-point

scale that ranged from not at all self-disclosing (1) to very (7), therapists rated how self-disclosing the client had been with them.

### Development and Validation of a Fear-of-Intimacy Scale

Fear of intimacy can have a significant impact on your life, particularly in a romantic relationship. Research shows that anxiety disorders can negatively affect the quality of a partner relationship.

### Fear of Intimacy Overview: Causes, Symptoms, and Treatments

The Fear of Intimacy Scale is one measurement that can help objectively assess the condition. Therapy Professional guidance is often required, especially if the fear of intimacy is rooted in complicated past events.

### Fear of Intimacy: Signs, Causes, and Coping Strategies

Oftentimes, our fear of intimacy is rooted in some really painful memories and experiences, but the rewards for persevering are totally worth it. As Dr. Brown explains, "with our fear of ...

### 5 Signs You're Afraid Of Intimacy, According To An Expert

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### Fear Of Intimacy Scale Scoring - mallaneka.com

By contrast, males reported a higher score than females on the measure of external-relational-control. Men's and women's scores on the remaining MRQ subscales were quite similar: relational-depression, relational anxiety, relational assertiveness, relational-depression, and fear of intimate relationships.

### New Directions in the Psychology of Intimate Relations ...

Fear of intimacy can look very different from person to person, depending on where you are on the fear of intimacy scale. Think of the following as a kind of "fear of intimacy test". The more signs you recognize, the more likely you are to be struggling with this issue:

### Commitment Issues? How To Overcome The Fear Of Intimacy

Fear of intimacy can make it difficult to be in a close and loving relationship. Although we seek and look for love all the time, we do not always have the strength to accept it. When we open up ourselves to another person, we become emotionally vulnerable. For those of us that have a fear of relationships, this can lead to anxiety and fears of ...

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