

Perceived Emotional Support Inventory

Instructions: Please respond the following statements as you think about people in your life with whom you interact or have associations. Only circle one number per statement and please be sure to answer every question.

		Very Strongly Disagree	Strongly Disagree	Mildly Disagree	Neutral	Mildly Agree	Strongly Agree	Very Strongly Agree
1.	There is someone trustworthy I can share my emotional experiences with.	1	2	3	4	5	6	7
2.	I am close with someone that provides emotional support for me.	1	2	3	4	5	6	7
3.	It is rare for me to find people I can talk to about emotional issues in my life.	1	2	3	4	5	6	7
4.	I feel alone when it comes to sharing my emotions with others.	1	2	3	4	5	6	7
5.	I feel emotionally supported by others when I experience trials and challenges in my life.	1	2	3	4	5	6	7
6.	When I need emotional help I have people I can turn to.	1	2	3	4	5	6	7
7.	I <i>do not</i> have any close relationships with people I can be emotionally honest with.	1	2	3	4	5	6	7
8.	There are people I can seek guidance from when making decisions about my emotional well-being.	1	2	3	4	5	6	7

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