

Relational Depth Frequency Scale (RDFS)

Below is a list of items representing experiences people might have in relationships.

Please think of a relationship with a person you consider close to you and select how frequently you have experienced the moments described in each item.

There is no right or wrong answer, individuals relate differently.

Each item follows the statement:

'Over the course of my relationship with _____, there were moments where...'

1. I experienced an intense connection with him/her

①	②	③	④	⑤
Not at all	Only occasionally	Sometimes	Often	Most or all of the time

2. I experienced a very profound engagement with her/him

①	②	③	④	⑤
Not at all	Only occasionally	Sometimes	Often	Most or all of the time

3. I felt we were both completely genuine with each other

①	②	③	④	⑤
Not at all	Only occasionally	Sometimes	Often	Most or all of the time

4. I experienced what felt like true mutuality

①	②	③	④	⑤
Not at all	Only occasionally	Sometimes	Often	Most or all of the time

5. We were deeply connected to one another

①	②	③	④	⑤
Not at all	Only occasionally	Sometimes	Often	Most or all of the time

6. I felt we were accepting of one another

①	②	③	④	⑤
Not at all	Only occasionally	Sometimes	Often	Most or all of the time

7. I felt a clarity of perception between us

①	②	③	④	⑤
Not at all	Only occasionally	Sometimes	Often	Most or all of the time

8. I felt an overall warmth between us

①	②	③	④	⑤
Not at all	Only occasionally	Sometimes	Often	Most or all of the time

9. I felt intensely present with him/her

①	②	③	④	⑤
Not at all	Only occasionally	Sometimes	Often	Most or all of the time

10. We were immersed in the present moment

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

11. There was a deep understanding between us

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

12. It felt like a shared experience

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

13. I felt we deeply trusted each other

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

14. I felt we connected on a human level

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

15. I experienced a deep sense of encounter

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

16. I experienced a meeting that was beyond words

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

17. I felt like we were totally in-the-moment together

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

18. I felt we were really close to each other

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

19. I felt we truly acknowledged each other at a very deep level

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

20. I felt we were completely open with each other

① Not at all ② Only occasionally ③ Sometimes ④ Often ⑤ Most or all of the time

Thank you for completing this form

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