

Intense Ambivalence Scale

Included here are the 45 items of the Intense Ambivalence Scale and the 13 items of the Infrequency Scale, along with the keyed direction of each item.

Raulin, M. L. (1984). Development of a scale to measure intense ambivalence. *Journal of Consulting and Clinical Psychology, 52*, 63-72. {Scale reprinted in Corcoran and Fisher (1987).}

	Scale	Key	
1.	Amb	True	Very often, even my favorite pastimes don't excite me.
2.	I	False	On some mornings I didn't get out of bed immediately when I first woke up.
3.	Amb	False	I feel I can trust my friends.
4.	I	False	There have been a number of occasions when people I know have said hello to me.
5.	Amb	False	Small imperfections in a person are rarely enough to change love into hatred.
6.	Amb	True	There have been times when I have hated one or both of my parents for the affection they have expressed for me.
7.	I	False	There have been times when I have dialed a telephone number only to find that the line was busy.
8.	Amb	True	Words of affection almost always make people uncomfortable.
9.	Amb	False	I don't mine too much the faults of people I admire.
10.	Amb	True	Love and hate tend to go together.
11.	Amb	True	Honest people will tell you that they often feel chronic resentment toward the people they love.
12.	I	False	At times when I was ill or tired, I have felt like going to bed early.
13.	Amb	True	Everything I enjoy has its painful side.
14.	Amb	True	Love never seems to last very long.
15.	Amb	True	My strongest feelings of pleasure usually seem to be mixed with pain.
16.	Amb	True	Whenever I get what I want, I usually don't want it at all anymore.
17.	I	False	On some occasions I have noticed that some other people are better dressed than myself.

18. Amb True I have always experienced dissatisfaction with feelings of love.
19. Amb True I worry the most when things are going the best,
20. Amb True I often get very angry with people just because I love them so much.
21. Amb True I start distrusting people if have to depend on them too much.
22. Amb True I can think of someone right now whom I thought I liked a day or two ago, but now strongly dislike.
23. Amb True The people around me seem to be very changeable.
24. Amb True It is hard to imagine two people loving one another for many years.
25. I True Driving from New York to San Francisco is generally faster than flying between these cities.
26. Amb True The closer I get to people, the more I am annoyed by their faults.
27. Amb True I find that the surest way to start resenting someone is to just start liking them too much.
28. Amb True Often I feel like I hate even my favorite activities.
29. Amb False I usually know when I can trust someone.
30. Amb True Everyone has a lot of hidden resentment toward his or her loved ones.
31. I False I believe light bulbs are powered by electricity.
32. Amb False I usually know exactly how I feel about people I have grown close to.
33. Amb True I have noticed that feelings of tenderness often turn into feelings of anger.
34. I True I go at least once every two years to visit either northern Scotland or some part of Scandinavia.
35. Amb True I always seem to be the most unsure of myself at the same time that I am most confident of myself.
36. Amb False My interest in personally-enjoyed hobbies and pastimes has remained relatively stable.
37. I True I cannot remember a time when I talked with some one who wore eyeglasses.
38. Amb False I can usually depend on those with whom I am close.
39. Amb True My experiences with love have always been muddled with great frustration.

40. Amb True I usually find that feelings of hate will interfere when I have grown to love someone.
41. Amb True A sense of shame has often interfered with my accepting words of praise from others.
42. Amb False I rarely feel rejected by those who depend on me.
43. Amb True I am wary of love because it is such a short-lived emotion.
44. Amb True I usually experience doubt when I have accomplished something that I have worked on for a long time.
45. I True I cannot remember a single occasion when I have ridden in a bus.
46. Amb False I rarely doubt the appropriateness of praise that I have received from others in the past.
47. Amb True I often feel as though I cannot trust people whom I have grown to depend on.
48. Amb True I usually experience some grief over my own feelings of pleasure.
49. I True I find that I often walk with a limp which is the result of a skydiving accident.
50. Amb False It is rare for me to love a person one minute and hate them the next minute.
51. Amb True I doubt if I can ever be sure exactly what my true interests are.
52. I False Sometimes when walking down the sidewalk I have seen children playing.
53. Amb False I can't remember ever feeling love and hate for the same person at the same time.
54. Amb True Love is always painful for me.
55. Amb True Close relationships never seem to last long.
56. Amb False I never had much trouble telling whether my parents loved me or hated me.
57. I True I have never combed my hair before going out in the morning.
58. Amb True Most people disappoint their friends.