

**Instructions:** Because our best friends often have other friends or important acquaintances, friendship brings many opportunities for people to feel left out, replaced, or jealous. Each of us has a different threshold for how tolerant we are of our best friend's other friendships. While some people are completely unconcerned when their best friends spend time with or do certain activities with other friends without them, most of us have points at which we will begin to feel excluded, jealous, and a little anxious about losing our friend.

We are interested in learning about how jealous or anxious you typically feel when your best friend does things with other friends without you. Below are a set of common situations that can lead some people to feel jealous, left out, or anxious about losing their best friend to someone else.

Imagine that each of the situations below happened to you and your best friend. Think about how jealous, upset, or anxious you would feel if the situation really occurred. If any of these situations have actually occurred within your friendship, then you can think about how you felt when it actually happened. Then, circle the number that indicates how jealous you would feel. Remember, there are no right or wrong answers; we simply want your honest opinions.

1. You call your best friend several times to see if she wants to go see a new movie, but when you finally get through, she says that another girl that you both know already asked her to go see it and she agreed.

**0**                      **1**                      **2**                      **3**                      **4**  
Not at all jealous      A little jealous      Somewhat jealous      Jealous      Very Jealous

2. You and your best friend are in the same class, when the teacher asks the class to pair up with a study partner for the year. Before you have a chance to talk with her, your best friend agrees to be study partners with another girl that you both know.

**0**                      **1**                      **2**                      **3**                      **4**  
Not at all jealous      A little jealous      Somewhat jealous      Jealous      Very Jealous

3. You call your best friend to see if she wants to get tickets to go to a concert with you and she says that she is already has tickets and is going with another girl that you both know.

**0**                      **1**                      **2**                      **3**                      **4**  
Not at all jealous      A little jealous      Somewhat jealous      Jealous      Very Jealous

4. You walk into the library and see your best friend and another girl that you both know talking, joking, and making plans to get together later when their classes are over.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

5. You find out that your best friend went to the opening of a new music store with another girl that you both know, when you and your best friend had talked about going together as soon as it opens.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

6. You find out that your best friend got into a big fight with her parents, and she called another girl that you both know for advice and did not talk to you.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

7. Your best friend is assigned to work on a project with another girl that you both know and they start spending a lot of time together.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

8. Your best friend's birthday is coming up, and you find out that another girl that you both know is planning a cool surprise party for her.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

9. Your best friend joins a team or club without you, and she starts spending a lot of time with another girl that you both know who is also on that team or club.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

10. Your best friend has a secret that she tells to another girl that you both know before she tells the secret to you.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

11. You give your best friend a gift for her birthday, but she hardly notices because she is so excited and surprised about a gift she got from another girl that you both know.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

12. You and your best friend always check over each other's assignments and papers for classes before turning them in, but this time you overhear another girl you both know offering to check over your friend's work for her.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

13. You overhear another girl that both you and your best friend know talking in the cafeteria. You hear her tell someone that she and your best friend are best friends.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

14. You call your best friend to see what's up and if she has made plans for the evening and she says that she can't talk right now because another girl that you both know stopped by and they are going out to dinner.

**0** Not at all jealous      **1** A little jealous      **2** Somewhat jealous      **3** Jealous      **4** Very Jealous

15. Your best friend and another girl that you know go on a weekend camping and hiking trip together.

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