

Barrett-Lennard Relationship Inventory: Form Me to Other

Below are listed a variety of ways that one person may feel or behave in relation to another person.

Please consider each statement with reference to your present relationship with [add first name].

Think of him or her (“seeing” their name in the blank spaces) as you answer each numbered statement.

Mark each statement in the left margin, according to how strongly you feel that it is true, or not true, in this relationship. Answer each item as though it was by itself, not to agree with another answer. Be sure to mark each one. Write in a negative number (–3, –2, or –1) when your answer is on the “no” side, and a positive number (+1, +2, or +3) when your answer is a grade of “yes.”.

Here is the meaning of each answer number:

–3: NO, I strongly feel that it is not true.	+ 1: Yes, I feel that it is probably true, or more true than untrue.
–2: NO, I feel it is not true.	+ 2: Yes, I feel it is true.
–1: NO, I feel that it is probably untrue, or more untrue than true.	+ 3: Yes, I strongly feel that it is true.

	SCORE
1. I respect _____ as a person.	
2. I usually sense and realize how _____ is feeling.	
3. My interest in _____ depends on his/her actions and performance.	
4. I can hear or react to _____'s words without sensing the way s/he feels inside.	
5. I tend to put on a role or front with _____.	
6. I nearly always can see exactly what _____ means.	
7. I feel friendly and warm toward _____.	
8. I appreciate just how _____'s experiences feel to her/him.	
9. I find _____ rather dull and uninteresting.	
10. I really don't understand _____.	
11. I feel genuinely myself with _____.	
12. My own feelings or attitude get in the way of understanding _____.	
13. My liking or disliking of isn't changed by anything s/he says about her/himself. (Answer on the 'no' side if your feeling does change.)	
14. I can tell what _____ means even when he/she has difficulty saying it.	
15. I can express my true inner impressions and feeling with _____.	
16. I don't (or can't) listen well to and pick up on what s/he feels and thinks.	
17. I would prefer _____ to be a different or particular kind of person.	
18. I usually catch and understand the whole of what _____ means.	
19. Whether _____ is expressing "good" thoughts or "bad" feelings or desires makes no difference to my attitude toward him/her.	
20. I don't realize how sensitive or touchy _____ is about some of the things we discuss.	
21. I really don't like _____.	
22. I often respond to _____ rather automatically, not taking in what s/he is thinking or feeling.	
23. I feel there are things I/we don't talk about that are affecting our relationship.	
24. When _____ is hurting or upset I can recognize his/her pain without it becoming my pain so that I feel hurt and upset. [Answer "no" if his/her pain triggers your own upsetting pain.]	

Please check that you answered every item. Thank you.

Barrett-Lennard Relationship Inventory: Scoring key for 24-item empathy OS/MO FORMS

Name/code Date answered

Class/category of relationship
.....

Position of respondent in the relationship
.....

Enter the answer for each item in its space, below, after reversing the sign (from + to -, or - to +) IF the item number is shown in bold. (The bold items are worded “negatively,” so that answers to these items have the opposite meaning to answers to positively worded items.)

Empathy (E)		Level of Regard (R)		Unconditionality (U)		Congruence (C)	
Item No.	Answer	Item No.	Answer	Item No.	Answer	Item No.	Answer
2		1		3	Reverse sign	5	Reverse sign
4	Reverse sign	7		13		11	
6		9	Reverse sign	17	Reverse sign	15	
8		21	Reverse sign	19		23	Reverse sign
10	Reverse sign	R Total>		U Total>		C Total>	
12	Reverse sign					+U Total>	
14						+R Total>	
16	Reverse sign						
18							
20	Reverse sign						
22	Reverse sign						
24							
E Scale Score->						R+U+C Total ->	

Add the 12 item values in the E answer column, after reversing answer signs where indicated, to obtain the score for empathic understanding. The possible score range is -36 (or -3 × 12) to +36 (+3 × 12).

A composite total for the R, U, and C items will also have the same potential score range as for the E scale.

Reference: Barrett-Lennard, G.T. (2014). Appendix 1 The Relationship Inventory Forms and Scoring Keys. In *The Relationship Inventory*, G.T. Barrett-Lennard (Ed.).
<https://doi.org/10.1002/9781118789070.app1>