

## Trust Scale (Rempel & Holmes, 1986) – Trust within close interpersonal relationships

### Instructions:

Read each of the following statements and decide whether it is true of your relationship with your partner. Indicate how strongly you agree or disagree by choosing the appropriate number from the scale below and placing it in the box to the right of the statement.

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = mildly disagree
- 4 = neutral
- 5 = mildly agree
- 6 = moderately agree
- 7 = strongly agree

1. I know how my partner is going to act. My partner can always be counted on to act as I expect.  P
2. I have found that my partner is a thoroughly dependable person, especially when it comes to things that are important.  D
3. My partner's behavior tends to be quite variable. I can't always be sure what my partner will surprise me with next.  P\*
4. Though times may change and the future is uncertain, I have faith that my partner will always be ready and willing to offer me strength, come what may.  F
5. Based on past experience I cannot, with complete confidence, rely on my partner to keep promises made to me.  D\*
6. It is sometimes difficult for me to be absolutely certain that my partner will always continue to care for me; the future holds too many uncertainties and too many things can change in our relationship as time goes on.  F\*
7. My partner is a very honest person and, even if my partner were to make unbelievable statements, people should feel confident that what they are hearing is the truth.  D
8. My partner is not very predictable. People can't always be certain how my partner is going to act from one day to another.  P\*
9. My partner has proven to be a faithful person. No matter who my partner was married to, she or he would never be unfaithful, even if there was absolutely no chance of being caught.  D
10. I am never concerned that unpredictable conflicts and serious tensions may damage our relationship because I know we can weather any storm.  F
11. I am very familiar with the patterns of behavior that my partner has established and expect that he or she will behave in certain ways.  p
12. If I have never faced a particular issue with my partner before, I occasionally worry that he or she won't take my feelings into account.  F\*

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|-----|--|--------------------------|----|
| 13. | Even in familiar circumstances, I am not totally certain my partner will act in the same way twice.  | <input type="checkbox"/> | P* |
| 14. | I feel completely secure in facing unknown, new situations because I know my partner will never let me down.   | <input type="checkbox"/> | F  |
| 15. | My partner is not necessarily someone others always consider reliable. I can think of some times when my partner could not be counted on.  | <input type="checkbox"/> | D* |
| 16. | I occasionally find myself feeling uncomfortable with the emotional investment I have made in our relationship because I find it hard to completely set aside my doubts about what lies ahead. | <input type="checkbox"/> | F* |
| 17. | My partner has not always proven to be trustworthy in the past, and there are times when I am hesitant to let my partner engage in activities that make me feel vulnerable.                    | <input type="checkbox"/> | D* |
| 18. | My partner behaves in a consistent manner  | <input type="checkbox"/> | P  |

### Scoring

The scale consists of 3 subscales. Predictability (P) that emphasizes the consistency and stability of a partner's specific behaviours based on past experience, Dependability (D) that concentrates on the dispositional qualities of the partner which warrant confidence in the face of risk and potential hurt, and Faith (F) that centres on feelings of confidence in the relationship and the responsiveness and caring expected from the partner in the face of an uncertain future. **Items with an asterisk are reverse scored.**

The total Trust measure is the sum of the 3 subscale totals.

### Reference

- Rempel, J.K., Holmes, J.G. & Zanna, M.P. (1985). Trust in close relationships. *Journal of Personality and Social Psychology*, 49, 95-112.
- Rempel, J.K. & Holmes, J.G. (1986). How do I trust thee? *Psychology Today*, February 1986, 28-34.