

# **TEST OF OBJECT RELATIONS (TOR)**

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**The scale can be used freely for clinical and research purposes. If you would like to do a translation in another language, please write to us: [gregor.zvelc@guest.arnes](mailto:gregor.zvelc@guest.arnes)**

## INSTRUCTIONS:

Please read each of the statements carefully. Circle the number next to the statement that marks the extent to which the statement is true of you.

The numbers mean:

- 1 - COMPLETELY DISAGREE
- 2 - MOSTLY DISAGREE
- 3 - PARTLY AGREE/PARTLY DISAGREE
- 4 - MOSTLY AGREE
- 5 - COMPLETELY AGREE

Circle only one answer for each statement. There are no right or wrong answers. Please mark all the statements.

1. If the person I love left me, my life wouldn't have any meaning any more.	1	2	3	4	5
2. I admire myself very much.	1	2	3	4	5
3. I don't have any good friends.	1	2	3	4	5
4. The person I love and myself understand each other even without speaking.	1	2	3	4	5
5. I have the feeling that nobody likes me.	1	2	3	4	5
6. I am very good and kind to people as long as they are of some use to me.	1	2	3	4	5
7. Contacts with other people are not important to me.	1	2	3	4	5
8. I like doing things that are dangerous.	1	2	3	4	5
9. I usually do the opposite of what others expect of me.	1	2	3	4	5
10. In a relationship I expect my partner to always accommodate me.	1	2	3	4	5
11. I don't want to have a permanent partner because that would take away my freedom.	1	2	3	4	5
12. If other people don't behave as I want them to, I get very upset	1	2	3	4	5
11. I am distressed if I have to take leave of a person who I feel close to, even if only for a short time.	1	2	3	4	5
14. I find it difficult to distinguish between my wishes and the wishes of a person I am very attached to.	1	2	3	4	5
15. I am being frank in answering the questions in this questionnaire.	1	2	3	4	5
16. If I am on a short trip, I phone the people I am close to almost every day.	1	2	3	4	5
17. I am a closed person.	1	2	3	4	5
18. Sometimes in relationships with others I begin to lose my sense of self.	1	2	3	4	5
19. I sometimes oppose others just to prove that they have no power over me.	1	2	3	4	5
20. I need another person to feel whole.	1	2	3	4	5
21. I am going to achieve more in life than other people.	1	2	3	4	5
22. 'Average' people are uninteresting to me.	1	2	3	4	5
23. I refuse to become attached to other people because I don't want to lose my freedom.	1	2	3	4	5
24. If I go on a trip, I am afraid that doing so I will hurt those who are close to me.	1	2	3	4	5
25. Sometimes I manipulate other people.	1	2	3	4	5
26. I am not close to anyone.	1	2	3	4	5
27. I have a toy or an object from my childhood that I am very attached to.	1	2	3	4	5

1 - Completely disagree	2 - Mostly disagree	3 - Partly agree/ partly disagree	4 - Mostly agree	5 - Completely agree
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28. Some people fascinate me so much I can't stop thinking about them.	1	2	3	4	5
29. Other people are fascinated by me.	1	2	3	4	5
30. I feel bad if the person I love does something that goes against my wishes.	1	2	3	4	5
31. I feel threatened when another person tries to establish a more intimate relationship with me.	1	2	3	4	5
32. When I am in a relationship, I want to control my partner.	1	2	3	4	5
33. I want to merge into ONE with the person I love.	1	2	3	4	5
34. I am better looking than other people.	1	2	3	4	5
35. I don't need other people.	1	2	3	4	5
36. I am worth more than other people.	1	2	3	4	5
37. I would like to always live with my parents.	1	2	3	4	5
38. If the person I love feels bad, I begin to feel bad too.	1	2	3	4	5
39. Sometimes I am afraid of another person getting too close to me.	1	2	3	4	5
40. I feel bad if the person I love leaves me by myself	1	2	3	4	5
41. I have visited all the countries of the world.	1	2	3	4	5
42. The most important thing in love is that my partner is always available to me.	1	2	3	4	5
43. Sometimes I claim rights for myself that I am not willing to grant to others.	1	2	3	4	5
44. I have never fallen in love.	1	2	3	4	5
45. Sometimes I feel as if I am almighty.	1	2	3	4	5
46. I am intimidated by people who want to become emotionally close to me.	1	2	3	4	5
47. I find it difficult to accept that there are not only things in common, but also differences between myself and the person I love.	1	2	3	4	5
48. My relationships are brief with no strings attached.	1	2	3	4	5
49. I feel that there is a barrier between myself and other people.	1	2	3	4	5
50. I often think of the danger of losing the person I feel very close to.	1	2	3	4	5
51. I can't rely on anyone but myself.	1	2	3	4	5
52. It is difficult for me to cope with every separation from the person I love.	1	2	3	4	5
53. Sometimes I feel so strong that I think nothing bad can happen to me.	1	2	3	4	5
54. Sometimes I fear that another person will get overly attached to me.	1	2	3	4	5
55. Sometimes I feel so close to another person that I no longer know who I am.	1	2	3	4	5
56. When a relationship with another person involves too much commitment, I withdraw.	1	2	3	4	5
57. I have a special power that other people don't possess.	1	2	3	4	5
58. Sometimes something unpleasant happens to me.	1	2	3	4	5
59. I cannot become attached to anyone.	1	2	3	4	5
60. Some people really impose themselves on me.	1	2	3	4	5
61. I would like to become famous.	1	2	3	4	5
62. I am mistrustful towards other people.	1	2	3	4	5
63. I have no one in my life on whom I can rely in difficult moments.	1	2	3	4	5

1 - Completely disagree	2 - Mostly disagree	3 - Partly agree/ partly disagree	4 - Mostly agree	5 - Completely agree	
64. If I get too close to another person, I become afraid of losing myself.	1	2	3	4	5
65. If the person I am very attached to has to leave for a while, I take an object belonging to him/her to feel better.	1	2	3	4	5
66. When I am with the person I feel close to, I can read his/her mind.	1	2	3	4	5
67. Sometimes I fear that one of the people I am close to might die.	1	2	3	4	5
68. Other people seem so distant from me.	1	2	3	4	5
69. If the person I love tries to do something I disagree with, I try to stop him / her.	1	2	3	4	5
70. In the past week I have had at least one beverage to drink.	1	2	3	4	5
71. The person I feel close to has the same opinions as I do.	1	2	3	4	5
72. I want to be perfect.	1	2	3	4	5
73. In a relationship, I try to chain the partner to myself.	1	2	3	4	5
74. I would like to escape from a relationship that is becoming more and more intimate.	1	2	3	4	5
75. I don't have a lot of contacts with people.	1	2	3	4	5
76. When I go to bed at night, I want to have something with me to protect me.	1	2	3	4	5
77. I believe I am truly special.	1	2	3	4	5
78. When I'm in a relationship, I feel trapped.	1	2	3	4	5
79. When I go on a trip, I miss my family a lot.	1	2	3	4	5
80. Sometimes I break all rules to achieve what I want.	1	2	3	4	5
81. I have told at least one lie in my life.	1	2	3	4	5
82. I experience the person I love as a part of myself.	1	2	3	4	5
83. Sometimes I expect other people to know what I need without me telling them.	1	2	3	4	5
84. I want other people to be the way I want them to be.	1	2	3	4	5
85. I am alienated from other people.	1	2	3	4	5
86. Being alone causes me to feel despair.	1	2	3	4	5
87. When a person no longer gives me what I need, he or she no longer interests me.	1	2	3	4	5
88. In a relationship, I do not allow my partner the things I allow myself.	1	2	3	4	5
89. I believe I was born to do great things.	1	2	3	4	5
90. In a relationship I become very angry when my partner doesn't act as I want him / her to.	1	2	3	4	5
91. When I am in the company of others, I want to be the center of attention.	1	2	3	4	5
92. Sometimes I behave in the same way as the person I like.	1	2	3	4	5
93. In relationships I am afraid of losing my independence.	1	2	3	4	5
94. I often feel as if though there is no clear boundary between me and other people.	1	2	3	4	5
95. I sometimes use other people to get what I want.	1	2	3	4	5

**THANK YOU VERY MUCH FOR YOUR COOPERATION!**