

## Need to Belong Scale

(Leary, Kelly, Cottrell, & Schreindorfer, 2005)

**Instructions:** For each of the statements below, indicate the degree to which you agree or disagree with the statement by writing a number in the space beside the question using the scale below:

- 1 = Strongly disagree
- 2 = Moderately disagree
- 3 = Neither agree nor disagree
- 4 = Moderately agree
- 5 = Strongly agree

- \_\_\_\_\_ 1. If other people don't seem to accept me, I don't let it bother me.
- \_\_\_\_\_ 2. I try hard not to do things that will make other people avoid or reject me.
- \_\_\_\_\_ 3. I seldom worry about whether other people care about me.
- \_\_\_\_\_ 4. I need to feel that there are people I can turn to in times of need.
- \_\_\_\_\_ 5. I want other people to accept me.
- \_\_\_\_\_ 6. I do not like being alone.
- \_\_\_\_\_ 7. Being apart from my friends for long periods of time does not bother me.
- \_\_\_\_\_ 8. I have a strong need to belong.
- \_\_\_\_\_ 9. It bothers me a great deal when I am not included in other people's plans.
- \_\_\_\_\_ 10. My feelings are easily hurt when I feel that others do not accept me.