Emotional Support – Short Form 4a

Please respond to each item by marking one box per row.

		Never	Rarely	Sometimes	Usually	Always
FSE31053x2	I have someone who will listen to me when I need to talk			3	\square	5
FSE31059x2	I have someone to confide in or talk to about myself or my problems	\square	\square	3	\square	5
SS12x	I have someone who makes me feel appreciated	\square	\square	\square	\square 4	5
SSQ3x2	I have someone to talk with when I have a bad day	\square	2	3	\square 4	\square 5