

Chronic Strategies of Disconnection Inventory

Chronic strategies of disconnection are patterns of behaviour that we may develop to protect ourselves from hurt or anxiety in close relationships, but which may now be redundant: i.e., we tend to do them automatically when, in fact, it may be more beneficial for us to stay in closer connection with another person. Reflecting on your own experience of close relationships and times in which you feel hurt or anxious, to what extent do you use each of the following strategies to disconnect from others (when you might be better off staying in connection)?

| | Not at all | A little | Moder- ately | A lot |
|---|---------------|----------|-----------------|-------|
| Immersing yourself in activities (e.g., TV) | 0 | 1 | 2 | 3 |
| Distracting yourself | 0 | 1 | 2 | 3 |
| Talking a lot | 0 | 1 | 2 | 3 |
| Being aggressive to others | 0 | 1 | 2 | 3 |
| Acting in an arrogant way | 0 | 1 | 2 | 3 |
| Criticising others | 0 | 1 | 2 | 3 |
| Being cold or prickly | 0 | 1 | 2 | 3 |
| Pushing others away | 0 | 1 | 2 | 3 |
| Putting up a façade | 0 | 1 | 2 | 3 |
| Feigning disinterest: that you don't really care | 0 | 1 | 2 | 3 |
| Being overly-formal or polite | 0 | 1 | 2 | 3 |
| Keeping things at a superficial level | 0 | 1 | 2 | 3 |
| Using humour or laughter | 0 | 1 | 2 | 3 |
| Avoiding communication with others | 0 | 1 | 2 | 3 |
| Isolating yourself physically from others | 0 | 1 | 2 | 3 |
| Being busy | 0 | 1 | 2 | 3 |
| Using drugs or alcohol | 0 | 1 | 2 | 3 |
| Daydreaming | 0 | 1 | 2 | 3 |
| Withdrawing emotionally | 0 | 1 | 2 | 3 |
| Ending contact with people | 0 | 1 | 2 | 3 |
| Intellectualizing | 0 | 1 | 2 | 3 |
| Becoming tired or going to sleep | 0 | 1 | 2 | 3 |
| Avoiding conflict | 0 | 1 | 2 | 3 |
| Being compliant, appeasing | 0 | 1 | 2 | 3 |
| Being controlling | 0 | 1 | 2 | 3 |
| Not expressing your wants | 0 | 1 | 2 | 3 |
| Mentally shutting down, 'going into your head' | 0 | 1 | 2 | 3 |
| Being closed in your body language | 0 | 1 | 2 | 3 |
| Physically avoiding people | 0 | 1 | 2 | 3 |
| Changing the subject | 0 | 1 | 2 | 3 |
| Avoiding eye contact | 0 | 1 | 2 | 3 |
| Not listening | 0 | 1 | 2 | 3 |
| Not joining in with things | 0 | 1 | 2 | 3 |
| Becoming quiet or silent | 0 | 1 | 2 | 3 |
| Focusing attention on others | 0 | 1 | 2 | 3 |
| Rescuing: being overly-helpful to others | 0 | 1 | 2 | 3 |
| Being independent | 0 | 1 | 2 | 3 |
| Trying to hide or make yourself invisible | 0 | 1 | 2 | 3 |
| Criticising yourself | 0 | 1 | 2 | 3 |
| Feeling sorry for yourself/'playing the victim' | 0 | 1 | 2 | 3 |