

# Romantic Partner Infidelity Questionnaire (RPIQ)

Below are a number of statements that describe various thoughts, feelings, and behaviors that people experience as a result of issues related to infidelity in their relationships with significant others. As you respond to the questions below, please consider the current issue you facing in your relationship and respond to the statements below using the following scale.

Never=1 Rarely=2 Sometimes=3 Often=4 Very Often=5

- 01. I experience stress because of this issue.
- 02. I feel hopeful this issue will be resolved.
- 03. My partner is deceptive when it comes to this issue.
- 04. I worry about how this issue might be affecting me.
- 05. I think less of my partner because of this issue.
- 06. I am able to communicate with my partner about this issue.
- 07. I feel like I am more concerned about this issue than my partner.
- 08. I am critical of my partner when it comes to this issue.
- 09. My partner makes efforts to recognize what this issue has been like for me.
- 10. I feel pressure because of this issue.
- 11. I feel devastated by this issue.
- 12. Despite attempts to think about other things, my mind keeps returning to this issue.
- 13. When I think about resolving this issue I feel optimistic.
- 14. My partner maintains secrets about this issue.
- 15. This issue creates feelings of insecurity for me.
- 16. I have a hard time being emotionally open with my partner because of this issue.
- 17. As I evaluate my situation with my partner about this issue, I feel we have lost something significant in our relationship.
- 18. My partner ignores me when I try to talk about this issue.
- 19. My partner is actively working towards resolving this issue.
- 20. I feel injured by my partner's choices concerning this issue.
- 21. I feel resentment towards my partner because of this issue.
- 22. When I talk to my partner about this issue they shut me down.
- 23. This issue feels like it requires more than I can handle.
- 24. I experience heartache because of this issue.
- 25. I find myself visualizing situations or events associated with this issue.
- 26. I find myself wondering how my life would be different if I didn't have to deal with this issue.
- 27. I feel confident I can do something to address this issue.
- 28. I am committed to working through this issue.
- 29. I find myself feeling irritated with the lies about this issue.
- 30. This issue leaves me feeling abandoned by my partner.
- 31. I view my relationship with my partner poorly because of this issue.
- 32. I feel silenced by my partner whenever I try to bring this issue up with them.
- 33. My partner is sensitive to my feelings about this issue.
- 34. If it wasn't for my efforts, I feel doubtful my partner would initiate anything to resolve this issue.
- 35. I feel anger towards my partner about this issue.
- 36. My partner demonstrates an accurate understanding of my feelings concerning this issue.
- 37. When I share unpleasant or uncomfortable feelings I experience because of this issue my partner listens to me.
- 38. I feel overwhelmed by this issue.
- 39. I find myself preoccupied with this issue.
- 40. I feel unable to do anything about this issue.
- 41. I feel betrayed by my partner because of this issue.

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- \_\_\_ 42. This issue negatively influences the way I think about my relationship.
- \_\_\_ 43. When I invite my partner to share their thoughts about this issue they say very little.
- \_\_\_ 44. Even though my partner says they are making changes related to this issue, I feel like very little progress being made.
- \_\_\_ 45. I feel a desire to see my partner punished for what they have done.
- \_\_\_ 46. When I try to share my feelings about this issue it seems like the conversation gets focused on my partner instead of me.
- \_\_\_ 47. My partner is tender and sensitive towards how this issue has affected me.
- \_\_\_ 48. My partner seeks to validate my feelings about this issue.
- \_\_\_ 49. I am judgmental towards my partner about this issue.
- \_\_\_ 50. My partner initiates discussions with me about this issue.
- \_\_\_ 51. This issue causes me to think more pessimistically about my relationship with my partner.
- \_\_\_ 52. It is difficult for me to turn to my relationship as a place of safety and refuge.
- \_\_\_ 53. I feel like my partner cannot be trusted when it comes to this issue.
- \_\_\_ 54. I feel empowered with choices that will help me tackle this issue.
- \_\_\_ 55. I revisit this issue in my mind over and over again.
- \_\_\_ 56. I feel traumatized by this issue.
- \_\_\_ 57. The time devoted to this issue exhausts me.
- \_\_\_ 58. I feel like the efforts I make to create meaningful changes concerning this issue are not effective.
- \_\_\_ 59. I get discouraged thinking about ways to address this issue.
- \_\_\_ 60. I have a hard time respecting my partner because of this issue.
- \_\_\_ 61. The presence of this issue in my relationship leaves me feeling unsettled.
- \_\_\_ 62. I reorganize my beliefs about my relationship in negative ways because of this issue.
- \_\_\_ 63. When I try to talk to my partner about this issue they avoid the discussion.
- \_\_\_ 64. It feels like I do more than my partner to confront this issue.
- \_\_\_ 65. I wish my partner would suffer the pain I feel because of this issue.
- \_\_\_ 66. My partner attempts to understand how this issue has made me feel.
- \_\_\_ 67. My partner is able to accurately identify my viewpoint about this issue.
- \_\_\_ 68. I experience feelings of doubt that I will be able to forgive my partner because of this issue.
- \_\_\_ 69. I can count on my partner's promises to change their behavior.
- \_\_\_ 70. This issue creates a lot of tension for me.
- \_\_\_ 71. I think about how this issue is impacting my life.
- \_\_\_ 72. I experience a sense of powerlessness when I attempt to confront this issue.
- \_\_\_ 73. I feel like my efforts to do something about this issue usually fail.
- \_\_\_ 74. Even though I want to see this issue be resolved, I feel doubtful anything will really change.
- \_\_\_ 75. My partner is honest and truthful about matters related to this issue.
- \_\_\_ 76. I feel a loss of confidence in my partner because of this issue.
- \_\_\_ 77. The presence of this issue makes me feel unsafe in my relationship.
- \_\_\_ 78. My partner and I fight about this issue.
- \_\_\_ 79. When I want to discuss things related to this issue I feel dismissed by my partner.
- \_\_\_ 80. My partner takes responsibility for this issue.
- \_\_\_ 81. I feel open to trusting my partner about matters related to this issue.
- \_\_\_ 82. My partner is able to see this issue from my perspective.
- \_\_\_ 83. My partner is able to suspend their own feelings about this issue and concentrate on my experience.
- \_\_\_ 84. I find it difficult to relax because of this issue.
- \_\_\_ 85. I experience painful feelings concerning this issue.
- \_\_\_ 86. The time I spend thinking about this issue makes it difficult for me to focus on other things.

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- \_\_\_ 87. I feel like giving up when it comes to this issue.
- \_\_\_ 88. I feel distrust towards my partner about this issue.
- \_\_\_ 89. I feel like my partner listens when I want to talk about this issue.
- \_\_\_ 90. I see my partner making a lot of effort to address this issue.
- \_\_\_ 91. I find myself experiencing compassion towards my partner about this issue.
- \_\_\_ 92. When I talk to my partner about this issue they become defensive
- \_\_\_ 93. This issue creates emotional pain for me.
- \_\_\_ 94. My mental health is in turmoil because of this issue.
- \_\_\_ 95. I invest so much time thinking about this issue I've forgotten what my life use to be like.
- \_\_\_ 96. I feel helpless when it comes to this issue.
- \_\_\_ 97. I fear this issue will never be taken care of properly.
- \_\_\_ 98. I find myself able to forgive my partner about matters related to this issue.
- \_\_\_ 99. I feel my partner understands the impact this issue has had on me.
- \_\_\_ 100. I feel empathy from my partner about matters related to this issue.
- \_\_\_ 101. I feel like my mind has become consumed with this issue.
- \_\_\_ 102. I am able to see options that will help me improve my situation related to this issue.
- \_\_\_ 103. I feel little hope that this issue will be resolved the way it needs to be.