***Perceived Autonomy Support Scale for Romantic Partners (PASS-RP)***

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**YOUR PERCEPTION OF YOUR PARTNER**

Using the scale bellow, please indicate the extent to which you agree with each of the statements regarding your partner's behaviors.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Do not agree at all | Hardly agree | Slightly agree | Somewhat agree | Agree | Strongly agree | Very strongly agree |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

|  |  |
| --- | --- |
| 1. When my partner disagrees with me, he/she gives me good reasons. | 1 2 3 4 5 6 7 |
| 1. My partner questions my way of thinking or feeling. | 1 2 3 4 5 6 7 |
| 1. My partner seems confident in my ability to make the rights choices. | 1 2 3 4 5 6 7 |
| 1. My partner values my opinion when we have to make a decision that concerns both of us. | 1 2 3 4 5 6 7 |
| 1. My partner snoops into my stuff. | 1 2 3 4 5 6 7 |
| 1. My partner tells me that if I love him/her, I should (or shouldn't) do this or that. | 1 2 3 4 5 6 7 |
| 1. My partner threatens to end the relationship. | 1 2 3 4 5 6 7 |
| 1. My partner criticizes me for no apparent reason. | 1 2 3 4 5 6 7 |
| 1. My partner is open to my thoughts and feelings even when they are different than his/hers. | 1 2 3 4 5 6 7 |
| 1. My partner wants to control what I think. | 1 2 3 4 5 6 7 |
| 1. When my partner would like me to do something, he/she tells me why he/she wants me to do it. | 1 2 3 4 5 6 7 |
| 1. My partner obtains information concerning me without my consent. | 1 2 3 4 5 6 7 |
| 1. My partner makes me feel guilty for everything and nothing. | 1 2 3 4 5 6 7 |
| 1. My partner shows less affection when I think or act differently than him/her. | 1 2 3 4 5 6 7 |
| 1. When I am at an impasse, my partner helps me explore different solutions so that I can then choose the one that suits me. | 1 2 3 4 5 6 7 |
| 1. As soon as things are not going exactly as he/she wishes, my partner threatens that he/she will make my life difficult. | 1 2 3 4 5 6 7 |
| 1. My partner tells me that the way that I feel is stupid/dumb. | 1 2 3 4 5 6 7 |
| 1. My partner is able to put himself/herself in my shoes and understands my feelings. | 1 2 3 4 5 6 7 |
| 1. When my partner wants me to act differently, he/she makes me feel guilty. | 1 2 3 4 5 6 7 |
| 1. My partner brings up past mistakes when he/she criticizes me. | 1 2 3 4 5 6 7 |
| 1. When my partner does not agree with what I do, I know why. | 1 2 3 4 5 6 7 |
| 1. My partner intrudes upon what I consider to be my private life. | 1 2 3 4 5 6 7 |
| 1. My partner gives me several opportunities to make decisions that concern both of us. | 1 2 3 4 5 6 7 |
| 1. When I do not do what my partner wishes, he/she tells me that there will be consequences. | 1 2 3 4 5 6 7 |

**Scoring key**

***Autonomy-support***

*Providing opportunities for decision making*

3 items

3, 15, 23

*Acknowledging the partner's feelings and perspective*

3 items

4, 9, 18

*Giving rationales*

3 items

1, 11, 21

***Controlling behaviors***

*Invalidating*

3 items

2, 10, 17

*Inducing guilt*

3 items

6, 13, 19

*Threatening*

3 items

7, 16, 24

*Being intrusive*

3 items

5, 12, 22

*Criticizing*

3 items

8, 14, 20

NOTA BENE

1. Because autonomy support and controlling behaviors are opposite poles of a same continuum, that of partner's perception of autonomy, it should be possible to recode the controlling behavior items to create a single composite that represents autonomy support. However, because they form two factors, it is also possible to argue that they should not be combined. The trend is thus to investigate them separately.