The following items present experiences that people sometimes have in their relationships. For each item, please circle all the letters (“a” through “g”) that represent how you understand the experience. There may be more than one item that represents your experience. Next rate how important each experience is in your current relationships by circling a number on the 10 point scale labeled “H”.

1) I feel the need to "save" others when I see them having a tough time and therefore try to solve their problems for them:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.
   H. How important is this experience in your current relationships?
      1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9------------- 10
      not                                                            somewhat                                                              very
      important                                                   important                                                         important

2) I feel the need to guide others when I see them about to make a mistake and wind up telling them what to do:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.
   H. How important is this experience in your current relationships?
      1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9------------- 10
      not                                                            somewhat                                                              very
      important                                                   important                                                         important

3) I need someone to truly understand me, and feel hurt when he/she cannot relate to my feelings:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.
   H. How important is this experience in your current relationships?
      1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9------------- 10
      not                                                            somewhat                                                              very
      important                                                   important                                                         important

*M.B. Connolly (1997), unpublished scale.
4) I feel the need to keep someone close, and do whatever is necessary to keep him/her with me even when they need to leave me:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2-------------3-------------4-------------5-------------6-------------7-------------8-------------9------------- 10
   not                                somewhat                            very
   important                            important                           important

5) I feel the need to change someone, and wind up helping him/her to think more like me even when he/she has beliefs or values different from mine:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2-------------3-------------4-------------5-------------6-------------7-------------8-------------9------------- 10
   not                                somewhat                            very
   important                            important                           important

6) I feel the need to be understood by others, and get defensive or angry when others are not able to see things like I see them:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2-------------3-------------4-------------5-------------6-------------7-------------8-------------9------------- 10
   not                                somewhat                            very
   important                            important                           important
7) I feel the need to be close to someone and have difficulty letting them have the space they need:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

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8) I need to be trusted by someone, and feel rejected when they do not trust me:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
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9) I need to trust someone, yet I distance myself from that person when they act in a dishonest way:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

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10) I feel the need to be accepted by someone, and feel bad about myself when he/she doesn't like me:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
not                                                            somewhat                                                              very
important                                                   important                                                         important

11) I need someone to take care of me, and I feel abandoned when he/she is not helpful:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
not                                                            somewhat                                                              very
important                                                   important                                                         important

12) I need someone to be reliable, and I feel disappointed when he/she lets me down:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
not                                                            somewhat                                                              very
important                                                   important                                                         important
13) I need to feel free of responsibility, and I distance myself from someone I care about because they are too dependent on me:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9------------- 10
   not                                                            somewhat                                                              very
   important                                                   important                                                         important

14) I need to be respected by someone, and I feel hurt when he/she does not approve of me:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9------------- 10
   not                                                            somewhat                                                              very
   important                                                   important                                                         important

15) I want to accept someone else, but I am forced to distance myself when they do not live up to my expectations:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9------------- 10
   not                                                            somewhat                                                              very
   important                                                   important                                                         important
16) I would like to feel free to do my own thing, so I separate myself completely from another when I feel he/she is trying to butt in and take over:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
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   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
   not   somewhat   very
   important   important   important

17) I want someone to look after me and I feel angry when he/she doesn’t notice me or pay any attention to me:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
   not   somewhat   very
   important   important   important

18) I want to be able to count on someone else, but when he/she neglects my needs I shut myself off from him/her and feel sad:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
   not   somewhat   very
   important   important   important
19) I want another person to accept me as I am, but I bottle up my feelings and do whatever the other wants when I feel like he/she is putting me down:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

   1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
   not           somewhat       very
   important     important      important

20) I want to be close to someone, so I try to do things the other person’s way in order to please him/her when I see that the other person is too busy with his/her own thing to notice me:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

   1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
   not           somewhat       very
   important     important      important

21) I want to stay and take care of another person, but I go my own separate way when he/she tries to tell me what to do:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

   1-------------2-------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
   not           somewhat       very
   important     important      important
22) I need for someone to take care of me, so when I see him/her abandoning me I feel angry but try to do whatever he/she wants:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2--------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
   not                                                   somewhat                        very
   important                                              important                        important

23) I want someone to pay close attention to me, but I shut myself off from him/her and feel angry when he/she puts me down:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
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   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2--------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
   not                                                   somewhat                        very
   important                                              important                        important

24) I want another to go his/her separate way, but he/she checks in with me about every little thing just because I have a clear opinion about things:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?
   1-------------2--------------3-------------4------------5-------------6-------------7-------------8-------------9-------------10
   not                                                   somewhat                        very
   important                                              important                        important
25) I want to be able to tell someone my innermost thoughts, but I close myself off from him/her when he/she neglects my needs:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

   1-------------2-------------3-------------4-------------5-------------6-------------7-------------8-------------9-------------10
   not                     somewhat                            very
   important               important                            important

26) I want someone to feel free to express to me the way he/she feels, but he/she just goes along with what I want when I clearly state my own opinion:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

   1-------------2-------------3-------------4-------------5-------------6-------------7-------------8-------------9-------------10
   not                     somewhat                            very
   important               important                            important

27) I want someone to invite me to be close to him/her, but I close myself off when I see that the other person is unaware of my needs:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
   f) I recognize that I am feeling and acting this way in the moment it is happening or shortly thereafter.
   g) When I recognize that I am feeling and acting this way I am able to consider other ways of viewing the situation in the moment.

H. How important is this experience in your current relationships?

   1-------------2-------------3-------------4-------------5-------------6-------------7-------------8-------------9-------------10
   not                     somewhat                            very
   important               important                            important
28) I want to leave someone free to be whatever he/she thinks is best, but in order to make sure that things turn out right I wind up telling him/her exactly what to do even when he/she resists me:
   a) I do not feel and act this way in my current relationships.
   b) I feel and act this way with at least one person in my life.
   c) I feel and act this way with multiple people in my life.
   d) I feel and act this way with multiple people because of my past relationship experiences.
   e) I am in part responsible for continuing to feel and act this way with multiple people (ie. I go into situations expecting to feel and act this way or I chose to put myself into these kinds of situations).
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