

**Yearning in Situations of Loss (YSL) Scale—Break-up**

Instructions: Each blank refers to the romantic partner who you are no longer with. Please indicate how often you feel the way described by selecting one of the responses.

Never		Sometimes		Always
1	2	3	4	5

1. I am reminded of \_\_\_\_\_ by everyday objects, places and occurrences. 1 2 3 4 5
2. I find myself wishing that things could be the way they were when I was with \_\_\_\_\_. 1 2 3 4 5
3. I am distracted from things that are happening around me (e.g., conversations I am having) because I am thinking about \_\_\_\_\_. . 1 2 3 4 5
4. I daydream about \_\_\_\_\_. 1 2 3 4 5
5. It's hard for me to be happy without \_\_\_\_\_. 1 2 3 4 5
6. I feel like things used to be so perfect before we broke up. 1 2 3 4 5
7. I feel that in my ideal world, breaking up with \_\_\_\_\_ would never have happened. 1 2 3 4 5
8. I imagine and choose things I would be willing to give up in exchange for having \_\_\_\_\_ back. 1 2 3 4 5
9. I feel separate from the world around me without \_\_\_\_\_. 1 2 3 4 5
10. The feeling of wanting \_\_\_\_\_ back is so strong it is indescribable. 1 2 3 4 5
11. I like to imagine what I would do if \_\_\_\_\_ were with me. 1 2 3 4 5
12. I am much more engaged in a conversation if it is about \_\_\_\_\_. 1 2 3 4 5
13. I feel that there just is no one else who can love me the way \_\_\_\_\_ did. 1 2 3 4 5
14. I wish I could do the things I used to do with \_\_\_\_\_. 1 2 3 4 5
15. I feel like it would be impossible to find another person that would make me feel the same way as \_\_\_\_\_ did. 1 2 3 4 5
16. I miss \_\_\_\_\_ as much or more than I have missed any other person. 1 2 3 4 5
17. Without \_\_\_\_\_, I feel alone. 1 2 3 4 5
18. I don't feel like going out as much without \_\_\_\_\_. 1 2 3 4 5
19. It's hard to imagine feeling as comfortable and happy as I was when I was with \_\_\_\_\_ . 1 2 3 4 5
20. I feel like if \_\_\_\_\_ were here, I would know what to do about things. 1 2 3 4 5
21. I feel like I could be completely happy if I was with \_\_\_\_\_. 1 2 3 4 5