



EARLY MEMORIES OF WARMTH AND SAFENESS SCALE

This scale explores some of your emotional memories of your childhood. Below is a set of questions that tap various feelings you may have experienced when you were young. Please read each item carefully and circle the number to the right of the statement that best describes your feelings during childhood. Use the scale below.

0 = No, never

**1 = Yes, but
rarely**

**2 = Yes,
sometimes**

3 = Yes, often

**4 = Yes, most
of the time**

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|--|---|---|---|---|---|
| 1. I felt safe and secure | 0 | 1 | 2 | 3 | 4 |
| 2. I felt appreciated the way I was | 0 | 1 | 2 | 3 | 4 |
| 3. I felt understood | 0 | 1 | 2 | 3 | 4 |
| 4. I felt a sense of warmth with those around me | 0 | 1 | 2 | 3 | 4 |
| 5. I felt comfortable sharing my feelings and thoughts with those around me | 0 | 1 | 2 | 3 | 4 |
| 6. I felt people enjoyed my company | 0 | 1 | 2 | 3 | 4 |
| 7. I knew that I could count on empathy and understanding from people close to me when I was unhappy | 0 | 1 | 2 | 3 | 4 |
| 8. I felt peaceful and calm | 0 | 1 | 2 | 3 | 4 |
| 9. I felt that I was a cherished member of my family | 0 | 1 | 2 | 3 | 4 |
| 10. I could easily be soothed by people close to me when I was unhappy | 0 | 1 | 2 | 3 | 4 |
| 11. I felt loved | 0 | 1 | 2 | 3 | 4 |
| 12. I felt comfortable turning to people important to me for help and advice | 0 | 1 | 2 | 3 | 4 |
| 13. I felt part of those around me. | 0 | 1 | 2 | 3 | 4 |
| 14. I felt loved even when people were upset about something I had done | 0 | 1 | 2 | 3 | 4 |
| 15. I felt happy | 0 | 1 | 2 | 3 | 4 |
| 16. I had feelings of connectedness | 0 | 1 | 2 | 3 | 4 |
| 17. I knew I could rely on people close to me to console me when I was upset | 0 | 1 | 2 | 3 | 4 |
| 18. I felt cared about | 0 | 1 | 2 | 3 | 4 |
| 19. I had a sense of belonging | 0 | 1 | 2 | 3 | 4 |
| 20. I knew that I could count on help from people close to me when I was unhappy | 0 | 1 | 2 | 3 | 4 |
| 21. I felt at ease | 0 | 1 | 2 | 3 | 4 |



SCORING

Simply sum the scale items

DESCRIPTION

Early Memories of Warmth and Safeness Scale (EMWSS)

This scale was designed to measure recall of feeling warm, safe and cared for in childhood. The 21 items included statements such as “I felt cared about”, “I felt appreciated the way I was” and “I felt part of those around me”. The response measure consisted of a Likert-type scale with participants required to rate how frequently each statement applied to them in their childhood (0 = No, never; 1 = Yes, but rarely, 2 = Yes, sometimes, 3 = Yes, often, 4 = Yes, most of the time). The scale contained the following instruction: “This scale explores positive and pleasant emotional memories of childhood. Please read each item carefully and circle the number to the right of the statement that best describes your own emotional memories from childhood. Use the scale below”. The scale had a Cronbach’s alpha of 0.97 (Richter et al., 2009).

REFERENCE

Richter, A., Gilbert, P. & McEwan, K. (2009). Development of an early memories of warmth and safeness scale and its relationship to psychopathology. *Psychology and Psychotherapy: Theory, Research and Practice*, 82, 171-184.