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“What’s Your Attachment Style?”*

Focus on one specific relationship when you fill out this descriptive little questionnaire. It’s explicitly divided into the four attachment styles for easy scoring. The person you keep in mind doesn’t have to be your romantic relationship, but do choose someone with whom you have a deep connection. Thinking about attachment as a proximity-seeking behavior, consider the person who you’d be most likely to call if you’re sick, in trouble, want to celebrate, have some news, or need to hear the voice of. And remember: this exercise is *not* diagnostic—it’s designed entirely for exploration and self-reflection. If you have more than one person with whom you have a different kind of attachment relationship, go ahead and fill it out a second time, and see what happens. If you have a dominant style, or mixed styles, try to make sense of that, too. Think about both your individual and aggregate responses. Think about how this style shows up in your therapy relationships.

Scoring: 0=Disagree, 1=Sometimes Agree, 2=Mostly Agree, 3=Strongly Agree.

Secure

- | | |
|---|----------------|
| 1. I feel relaxed with my partner most of the time | 0 1 2 3 |
| 2. I find it easy to flow between being close and connected with my partner and being on my own | 0 1 2 3 |
| 3. If my partner and I hit a glitch, it is relatively easy for me to apologize, brainstorm a win-win solution, or repair the mis-attunement or disharmony | 0 1 2 3 |
| 4. People are essentially good at heart | 0 1 2 3 |
| 5. I make it a priority to keep agreements with my partner | 0 1 2 3 |
| 6. I attempt to discover and meet the needs of my partner whenever possible, and I feel comfortable expressing my own needs | 0 1 2 3 |
| 7. I actively protect my partner from others and from harm and attempt to maintain safety in our relationship | 0 1 2 3 |
| 8. I look at my partner with kindness and caring, and look forward to our time together | 0 1 2 3 |
| 9. I feel comfortable being affectionate with my partner | 0 1 2 3 |
| 10. I can keep secrets, protect my partner’s privacy, and respect boundaries | 0 1 2 3 |

Secure Section Total: Just Add It All Up

Avoidant/Dismissive

1. When my partner arrives home or approaches me, I feel inexplicably stressed—especially when he/she wants me to connect 0 1 2 3
2. I find myself minimizing the importance of close relationships in my life 0 1 2 3
3. I insist on self-reliance; I have difficulty reaching out when I need help, and I do many of life's tasks and activities on my own 0 1 2 3
4. I sometimes feel superior about not needing others, and wish others could be more self-sufficient 0 1 2 3
5. I feel like my partner is always there, but would often prefer to have my own space unless I invite the connection 0 1 2 3
6. Sometimes I prefer casual sex over a committed relationship 0 1 2 3
7. I'm more comfortable with relationships with animals and things than I am with people 0 1 2 3
8. I have trouble making and keeping eye contact 0 1 2 3
9. It is easier for me to think things through than to express myself emotionally 0 1 2 3
10. When relationships end, I might feel separation elation first, before becoming sad or depressed 0 1 2 3

Dismissive Section Total: Just Add It All Up _____

Anxious/Preoccupied

1. I am always yearning for something or someone that I feel I cannot have, and rarely feel satisfied 0 1 2 3
2. Sometimes I over-function, over-adapt, over-accommodate others, or over-apologize for things I didn't do in an attempt to stabilize connection 0 1 2 3
3. I focus so much on others that I tend to lose myself in relationships 0 1 2 3
4. It's difficult for me to say "No," or to set clear boundaries 0 1 2 3
5. I chronically second-guess myself, and wish I'd said something different 0 1 2 3
6. I feel like I give more than I get, and can be resentful about it. I might hold a grudge, and then have trouble receiving love from my partner when he/she expresses it 0 1 2 3
7. It is difficult for me to be alone. When I'm alone I often feel hurt, stressed, abandoned, lonely and/or angry 0 1 2 3
8. At the same time as I feel a deep wish to be close with my partner, I also have a paralyzing fear of losing the relationship 0 1 2 3
9. I want to be close with my partner but am often angry with him/her. I look forward to seeing him/her, then pick fights 0 1 2 3
10. I tend to "merge" or lose myself in my partner, and feel what they feel, or want what they want 0 1 2 3

Preoccupied Section Total: Just Add It All Up _____

Disorganized/Fearful

- | | |
|---|----------------|
| 1. When I reach a certain level of intimacy with my partner, I sometimes experience inexplicable fear | 0 1 2 3 |
| 2. Faced with problems, I quickly get stumped and overwhelmed. I can't see a good way to resolve them | 0 1 2 3 |
| 3. I have an exaggerated startle response when others approach me unexpectedly | 0 1 2 3 |
| 4. My partner often comments or complains that I am controlling | 0 1 2 3 |
| 5. I often expect the worst to happen in my relationship | 0 1 2 3 |
| 6. I struggle to feel safe with my partner. Protection often feels out of reach | 0 1 2 3 |
| 7. I disconnect, dissociate and get confused talking about this relationship. I have a hard time remembering and discussing feelings about past attachments, too | 0 1 2 3 |
| 8. Approach-Avoidance describes this relationship pretty well. I want closeness, but am also afraid of being close with him/her | 0 1 2 3 |
| 9. My instinctive, active self-protective responses are often unavailable when possible danger is present—leaving me feeling immobilized, disconnected, or “gone” | 0 1 2 3 |
| 10. Because I am easily confused or disoriented, especially when stressed, it is important for my partner to keep arrangements simple and clear | 0 1 2 3 |
| Disorganized Section Total: Just Add It All Up | _____ |

Totals

Secure _____

Dismissive _____

Preoccupied _____

Disorganized _____

*(based on Diane Poole Heller, DARE handout, 2014)