# Attachment Style

Respond to the following statements based on how well each one describes you.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Does Not Describe Me** |  | **Sometimes** **Describes Me** |  | **Always Describes Me** |
| **0** | **1** | **2** | **3** | **4** | **5** |

\_\_\_1. I am known for my ability to remain calm and optimistic.

\_\_\_2. My relationships are calm, comforting and long-lasting.

\_\_\_3. It’s easy for me to trust others.

\_\_\_4. I am comfortable giving and receiving affection.

\_\_\_5. I maintain ongoing contactwith friends and family.

\_\_\_6. I can say no easily, even to people I love.

\_\_\_7. I have two or three people I consistently confide in.

\_\_\_8. I feel completely safe with the people closest to me.

\_\_\_9. I ask for help when I need it.

\_\_\_10. I am just as comfortable with alone time as with others.

**Total 1-10\_\_\_\_\_**

\_\_\_11. I need consistent contact from the people I love.

\_\_\_12. I tend to want more from a relationship than others.

\_\_\_13. I put more energy into relationships than most others.

\_\_\_14. When I get upset, it takes me a while to get over it.

\_\_\_15. There are some past relationship disappointments that still hurt me.

\_\_\_16. Seems like I frequently get left out.

\_\_\_17. Others sometimes find me hard to please.

\_\_\_18. It’s difficult for me to get enough time and attention the way I need it.

\_\_\_19. I’ve had as many unhappy as happy relationships.

\_\_\_20. It’s easy for me to get anxious when it comes to relationships.

**Total 11-20\_\_\_\_\_**

\_\_\_21. I am very self-sufficient.

\_\_\_22. I’d rather suppress my needs than risk rejection or inconvenience someone.

\_\_\_23. Very few people know my private thoughts.

\_\_\_24. I find many individuals too controlling in relationships.

\_\_\_25. I can get overwhelmed by a relationship.

\_\_\_26. Shutting down or shutting people out can help calm me.

\_\_\_27. I avoid conflict whenever I can.

\_\_\_28. I feel close to very few people.

\_\_\_29. I feel uncomfortable when others want a lot of my time.

\_\_\_30. I get uncomfortable when others share too intimately with me.

**Total 21-30\_\_\_\_\_**

**Questions 1-10 can describe someone with a secure attachment style.**

 **Scores 40 and above might represent a person who is securely attached and enables others to feel comfortable in relationships.**

 **Scores 25-39 might reflect some discomfort with certain aspects of relationships. Further examination can be helpful.**

 **Below 25 may indicate an insecure attachment style and the remaining questions might shed light on the style you use to manage this insecurity.**

**Questions 11-20 can describe someone with a more anxious attachment style.**

 **Scores 40 and above might represent a person who is insecurely attached and further examination of the ways you manage anxiety can be very helpful.**

 **Scores 25-39 might reflect some discomfort with certain aspects of relationships, e.g. distance. Further examination can be helpful.**

 **Below 25 may indicate this is not your primary attachment style.**

**Questions 21-30 can describe someone with a more avoidant attachment style.**

 **Scores 40 and above might represent a person who is avoidantly attached and might create some discomfort in relationships.**

 **Scores 25-39 might reflect some discomfort with certain aspects of relationships, e.g. closeness, interdependence. Further examination can be helpful.**

 **Below 25 may indicate that avoidance is not your primary attachment style.**