

## ATTACHMENT STYLE QUIZ

For the following 40 questions, please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel *right now*, not what you have felt in the past or would like to feel.

There are FOUR possible responses to each of the items in this questionnaire:

**1 = Never 2 = Occasionally 3 = Frequently 4 = Always**

- |                                                                                                                                                           |    |   |   |   |   |  |  |  |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|---|---|---|--|--|--|--|
| 1. I find it easy to flow between being close and connected with my partner to being on my own.                                                           | 01 | 1 | 2 | 3 | 4 |  |  |  |  |
| 2. I am always yearning for something or someone that I feel I cannot have and rarely feeling satisfied.                                                  | 02 | 1 | 2 | 3 | 4 |  |  |  |  |
| 3. When my partner arrives home or approaches me, I feel stressed when he or she wants to connect.                                                        | 03 | 1 | 2 | 3 | 4 |  |  |  |  |
| 4. Sometimes I over-function, over-adapt, over-accommodate others, or over-apologize for things I didn't do, in an attempt to stabilize connection.       | 04 | 1 | 2 | 3 | 4 |  |  |  |  |
| 5. If my partner and I hit a glitch, it is relatively easy for me to apologize, brainstorm a win-win solution, or repair the misattunement or disharmony. | 05 | 1 | 2 | 3 | 4 |  |  |  |  |
| 6. When I reach a certain level of intimacy with my partner, I sometimes experience fear.                                                                 | 06 | 1 | 2 | 3 | 4 |  |  |  |  |
| 7. I find myself minimizing the importance of close relationships in my life.                                                                             | 07 | 1 | 2 | 3 | 4 |  |  |  |  |
| 8. Over-focusing on others, I tend to lose myself in relationships.                                                                                       | 08 | 1 | 2 | 3 | 4 |  |  |  |  |
| 9. When presented with problems, I often feel stumped and feel they are irresolvable.                                                                     | 09 | 1 | 2 | 3 | 4 |  |  |  |  |
| 10. I insist on self-reliance; I have difficulty reaching out when I need help, and I do many of life's tasks or my hobbies, alone.                       | 10 | 1 | 2 | 3 | 4 |  |  |  |  |
| 11. It is a priority to keep commitments with my partner.                                                                                                 | 11 | 1 | 2 | 3 | 4 |  |  |  |  |
| 12. It is difficult for me to say NO or to set realistic boundaries.                                                                                      | 12 | 1 | 2 | 3 | 4 |  |  |  |  |

--	--	--	--

--	--	--	--

13. I attempt to discover and meet the needs of my partner whenever possible and I feel comfortable expressing my own needs.	13	1	2	3	4
14. I often feel more comfortable giving help than receiving it.	14	1	2	3	4
15. I chronically second-guess myself and sometimes wish I had said something differently.	15	1	2	3	4
16. I have an exaggerated startle response when others approach me unexpectedly.	16	1	2	3	4
17. I feel like my partner is always there but would often prefer to have my own space unless I invite the connection.	17	1	2	3	4
18. My partner often comments or complains that I am controlling.	18	1	2	3	4
19. When I give more than I get, I often resent this and harbor a grudge.	19	1	2	3	4
20. Sometimes I prefer casual relationships instead of a committed relationship.	20	1	2	3	4
21. It is often difficult to receive love from my partner when they express it.	21	1	2	3	4
22. I often expect the worst to happen in my relationships.	22	1	2	3	4
23. I actively protect my partner from others and from harm and attempt to maintain safety in our relationship.	23	1	2	3	4
24. It is difficult for me to be alone. If alone, I feel stressed, abandoned, hurt, and/or angry.	24	1	2	3	4
25. I usually prefer relationships with things or animals instead of people.	25	1	2	3	4
26. I am comfortable being affectionate with my partner.	26	1	2	3	4
27. I have a hard time remembering and discussing the feelings related to my past attachment situations. I disconnect, dissociate, or get confused.	27	1	2	3	4
28. Stuck in approach-avoidance patterns with my partner, I want closeness but am also afraid of the one I desire to be close with.	28	1	2	3	4

29. I can keep secrets for my partner, protect my partner's privacy, and respect boundaries.	29	1	2	3	4
30. I often find eye contact uncomfortable and particularly difficult to maintain.	30	1	2	3	4
31. I trust other people and I like it when other people can rely on me.	31	1	2	3	4
32. My instinctive, active self-protective responses are often unavailable when possible danger is present- leaving me feeling immobilized, disconnected, or "gone".	32	1	2	3	4
33. It is easier for me to think things through than to express myself emotionally.	33	1	2	3	4
34. I find it easy to get engaged in close relationships with other people.	34	1	2	3	4
35. Because I am easily confused or disoriented, especially when stressed, it is important for my partner to keep arrangements simple and clear.	35	1	2	3	4
36. I feel a deep wish to be close to my partner, and also have a paralyzing fear of losing the relationship.	36	1	2	3	4
37. I trust that others will be there for me when I need them.	37	1	2	3	4
38. When I lose a relationship, at first I might experience separation elation and then become depressed.	38	1	2	3	4
39. I would like to have close relationships with other people but I find it difficult to trust them.	39	1	2	3	4
40. I often worry about whether people like me.	40	1	2	3	4