

Working on Attachment

Name: _____

Instructions

1. Write down your attachment styles from the highest to lowest scores. This information should come from your attachment styles quiz.
2. Use the answers from your quiz to identify your top 5 attachment signs from the list below.

Attachment Quiz Scoring Summary (from highest to lowest score)

Attachment Style #1: _____

Attachment Style #2: _____

Attachment Style #3: _____

Attachment Style #4: _____

Top Five Attachment Signs

Attachment Sign #1: _____

Attachment Sign #2: _____

Attachment Sign #3: _____

Attachment Sign #4: _____

Attachment Sign #5: _____

Attachment Style Signs

Secure Attachment Signs

1. Able to regulate emotions and feelings in a relationship
2. Strong goal-oriented behavior when on your own
3. Great at bonding, opening up to, & trusting others
4. Knowing what you're about in life and what purpose you want to fulfill
5. Can communicate your needs effectively
6. Feeling like you have an impact on the world around you
7. Comfortable with closeness & mutual dependency
8. Actively seek emotional support from your partner and also give emotional support to your partner
9. Comfortable being alone and use that time to explore
10. Strong capacity to reflect on how you are being in a relationship

Anxious Attachment Signs

1. Lacking a strong sense of self and low self-esteem
2. Tendency to put others and their needs first
3. Strong desire for relationships and intimacy and hard time being alone
4. Seeking approval and reassurance from others
5. Clingy and needy behaviors in relationships
6. Strong fear of rejection, criticism, and abandonment
7. Becoming extremely upset when receiving disapproval
8. Jealousy and frustration when the partner is unavailable/inattentive
9. Overanalyzing and worrying excessively about relationships
10. Easily ignoring or misreading signs of relational issues

Avoidant Attachment Signs

1. Avoiding intimacy with others and preference for distance
2. Tendency to pull away as soon as someone tries to get close
3. High self-esteem and not relying on others for reassurance or emotional support
4. Uncomfortable with opening up to others and expressing private thoughts
5. Dismissing behaviors and aloofness
6. Minimizing emotional expressions
7. Seeing yourself as self-sufficient and independent
8. Appearing as strong, confident, and in control
9. Believing that you don't need emotional intimacy in your life
10. Difficulties trusting and relying on others

Disorganized Attachment Signs

1. Unable to regulate emotions
2. Strong fear of being hurt/rejected/abandoned by loved ones
3. Chronically vigilant and anxious
4. Low self-agency: a sense of not having an impact on the world
5. Feeling ineffective and helpless in life
6. Poor goal-oriented behavior
7. Difficulties with bonding, opening up to, and trusting others
8. Showing contradictory behaviors in intimate relationships: "I hate you, don't leave me"
9. Alternating between clinginess and aloofness
10. Exhibiting characteristics and behaviors of the other two insecure attachment styles- anxious and avoidant