

Attachment Style Questionnaire

Even if you are turned off by the thought of another psychological quiz, please don't skip these pages. More than presenting a fully validated questionnaire, I put together some statements that reflect different attachment styles. So instead of getting a determinant score, you and/or your partner can read the statements below and simply see which ones describe you better, or which ones are more prominent, or what combination you present.

Most tests are short and absolute by design for their purpose, but I feel that a lot of people don't relate to these tests. Therefore, even though the list below is long, the purpose is to try to cover more of our complex psychological reality and therefore widen our awareness. I can direct you to a fully validated questionnaire for those interested in that as well.

Mark on the right any statement that feels somewhat or very true to you. Don't worry about the degree.

- 1- I feel open to explore and reflect on my own attachment situation right now
- 2- I feel people are essentially good at heart.
- 3- I feel the world is in general a safe place
- 4- If I have to choose I prefer to do something with people/partner than something I enjoy alone
- 5- If I have to choose I prefer to do something I enjoy by myself than a social activity or with my partner for the most part
- 6- For the most part my work and hobbies interfere with my family and social life
- 7- I tend to show love by providing
- 8- I prefer to not depend on people
- 9- It is relatively easy for me to get close to people and partner
- 10- It is very important for me to be independent
- 11- I worry people will often hurt me and disappoint me if i get too close
- 12- I usually like when things progress fast in my relationships
- 13- I am comfortable without emotionally close relationships

- 14- I am comfortable depending on other people
- 15- I don't feel comfortable when others want or get too close to me
- 16- I am comfortable when other people depend on me
- 17- I often feel people are never there when you need them
- 18- I worry about being alone
- 19- I often worry about not having enough time for myself
- 20- I often worry that others don't value me or love me as much as I value or love them
- 21- I think it is "not ok" when other people want to know more about me or want to get too close
- 22- I find that others aren't as open or would not like to get as close as I would like sometimes
- 23- I trust that others will be there when I need them
- 24- I trust that even when things aren't great, things will be ok in my relationship and my partner loves me
- 25- When things are bad in my relationship I try to distract myself, not think and do something else
- 26- When things are bad in my relationship I try to talk things over and don't stop until we resolve them
- 27- Romantic partners usually want more from me
- 28- I am usually the one that gives more in the relationship
- 29- It is easier for me to think things through than to express myself emotionally.
- 30- I often expect things to go wrong in my relationship.
- 31- I tend to spend a lot of time with things or animals.
- 32- I second-guess myself frequently
- 33- I tend to feel guilty if I put myself first or take care of my needs

- 34- I have difficulty reaching out when I need help and do many of life's tasks and solve my problems alone.
- 35- I am usually yearning for something or someone that I feel I cannot have and rarely feeling satisfied.
- 36- If I get upset I find difficult to continue to perform daily tasks life such as work, sleep or take care of myself
- 37- When under stress I pride myself for keeping calm and focus on the problem to solve
- 38- When I reach a certain level of intimacy with my partner, I sometimes experience inexplicable fear.
- 39- I have a hard time remembering and discussing the feelings related to my past attachment situations. I disconnect or dissociate and get confused.
- 40- I look at my partner with kindness and caring and look forward to our time together.
- 41- I find myself making the effort to put things aside to be with people or my partner
- 42- I find myself sometimes putting my life too much aside in order to be with my family or partner
- 43- I feel like other people in my life sometimes put their needs aside in order for me to get my needs met
- 44- I feel like not many people in my life sometimes put their needs aside in order for me to get my needs met
- 45- I feel guilty most of the time if other people sacrifice for me to get what I want or to get my needs met
- 46- I think I have a healthy balance of time alone and time with people / my partner
- 47- I feel a deep wish to be close but always find a reason why I can't make the next step.
- 48- I can keep secrets, protect my partner's privacy, and respect boundaries.
- 49- I find myself minimizing the importance of close relationships in my life.
- 50- I want to be close with my partner but feel angry at my partner at the same time.
- 51- I feel like I over-focus on others in general and tend to lose myself in relationships.
- 52- I struggle to trust my partner and people in general.

- 53- It is difficult for me to say NO or to set realistic boundaries.
- 54- When I lose a relationship I feel scared and become depressed.
- 55- I act like I don't need reassurance or encouragement when sometimes I, in fact, do.
- 56- When my partner arrives home or approaches me, I feel inexplicably stressed - especially when s/he wants to connect.
- 57- It is a priority to keep agreements with my partner.
- 58- I often find eye contact uncomfortable and particularly difficult to maintain.
- 59- I feel like my partner is always there but would often prefer to have my own space unless I invite the connection.
- 60- I am often told by partner that I don't give enough or I feel that they are too needy
- 61- I often feel that my partner isn't actually present with me or that there is not enough going on
- 62- Stuck in approach-avoidance patterns with my partner, I want closeness but am also afraid of it.
- 63- When I give more than I get I usually don't mind at the beginning but after a while I often resent this and feel used.
- 64- It is difficult to receive love from my partner when they express it.
- 65-It is difficult for me to be alone. If alone, I feel abandoned, hurt, and angry.
- 66-Most of the times I prefer casual sex instead of a committed relationship.
- 67-My partner often comments or complains that I am not loving/connect/involved enough
- 68-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.
- 69-I am more prone to feeling sorry for myself when I have a problem than to take action and solve it.
- 70-I am comfortable being affectionate with my partner and receiving affection from him/her

71- I attempt to discover and meet the needs of my partner whenever possible and I feel comfortable expressing my own needs.

Now look at the table below and mark with an “S,”(secure) “AX (Anxious), or “AV” (Avoidant) the statements you selected according to their number.

1 S 2 S 3S 4 S/AX 5 AV 6 AV 7 AV 8 AV 9 S/AX 10 AV 11 AV 12 AX 13 AV
14 S/AX 15 AV 16 S/AX 17AX 18 AX 19AV 20AX 21AV 22AX 23 S 24 S 25
AV 26 AX 27 AX 28 AX 29 AV 30 AX 31 AV 32 AX 33AX 34 AV 35 AX 36
AX 37 AV 38AV 39 AV 40 S 41 S 42 AX 43 S 44 AX 45 AX 46 S 47 AV 48 S
49 AV 50 AX 51 AX 52 AX 53 AX 54 AX 55 AV 56 AV 57 S 58 AV 59 AV 60
AV 61 AX 62AV 63 AX 64 AV 65 AX 66 AV 67 AV 68 S 69 AX 70 S/AX 71 S