



# Attachment Styles Quiz

For each of the following statements, place an "X" in the open space in the column to the right if the statement is generally TRUE about you. If it's not true about you, do not mark anything.

	A	B	C
I often worry that my partner will stop loving me.			
I find it easy to be affectionate with my partner.			
I fear that once someone gets to know the real me, they won't like who I am.			
I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind.			
When I'm not involved in a relationship, I feel somewhat anxious and incomplete.			
I find it difficult to emotionally support my partner when they are feeling down.			
When my partner is away, I am afraid that they might become interested in someone else.			
I feel comfortable depending on romantic partners.			
My independence is more important to me than my relationships.			
I prefer not to share my innermost feelings with my partner.			
When I show my partner how I feel, I am afraid they will not feel the same way about me.			
I am generally satisfied with my romantic relationships.			
I don't feel the need to act out much in my romantic relationships.			
I think about my relationships a lot.			
I find it difficult to depend on romantic partners.			



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	A	B	C
I tend to get very quickly attached to a romantic partner			
I have little difficulty expressing my needs and wants to my partner.			
I sometimes feel angry or annoyed with my partner without knowing why.			
I am very sensitive to my partner's moods.			
I believe most people are essentially honest and dependable.			
I prefer casual sex with uncommitted partners over intimate sex with one person.			
I am comfortable sharing my personal thoughts and feelings with my partner.			
I worry that if my partner leaves me I might never find someone else.			
It makes me nervous when my partner gets too close.			
During a conflict, I tend to impulsively do or say things I later regret, rather than be able to have reason about things.			
An argument with my partner doesn't usually cause me to question our entire relationship.			
My partners often want me to be more intimate than I feel comfortable being.			
I worry that I am not attractive enough.			
Sometimes people see me as boring because I create little drama in relationships.			
I miss my partner when we're apart, but then when we're together I feel the need to escape.			

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	A	B	C
When I disagree with someone, I feel comfortable expressing my opinions.			
I hate feeling like other people depend on me.			
If I notice that someone I'm interested in is checking out other people, I don't let it faze me. I might feel a pang of jealousy but it's fleeting.			
If I notice that someone I'm interested in is checking out other people, I feel relieved - it means they're not looking to make things exclusive.			
If I notice that someone I'm interested in is checking out other people, I feel dpressed.			
If someone I've been dating begins to act cold and distant, I may wonder what is happening, but I know it's probably not about me.			
If someone I've been dating begins to act cold and distant, I'll probably be indifferent, I might even be relieved.			
If someone I've been dating begins to act cold and distant, I worry that I've done something wrong.			
If my partner wants to break up with me, I'd try my best to show them what they are missing (a little jealousy can't hurt).			
If someone I've been dating for several months says they want to stop seeing me, I'd feel hurt at first, but I'd get over it.			
Sometimes when I get what I want in a relationship, I'm not sure what I want anymore.			
I won't have much of a problem staying in touch with my ex (strictly platonic) - after all, we have a lot in common.			

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Add up your points in each column.

Column A

Column B

Column C

The column in which you scored the highest reflects your attachment style.

## A: Anxious/Preoccupied Attachment

Individuals who are anxiously attached enjoy being close to those they are in relationships with, but also fear that their relational partners do not want to be as close as they desire. A lot of cognitive and emotional energy is devoted to relationships. Small changes in another person's mood affect anxiously attached individuals deeply and small comments and behaviors are taken personally, causing them to become upset easily. These individuals usually require a great deal of reassurance.

## B: Secure Attachment

Relationships feel natural to those who are securely attached, and intimacy is enjoyed with minimal worrying. You are able to openly share your wants and needs with your partner and support them when they need it.

## C: Avoidant Attachment

Those with an avoidant attachment style place a priority on independence and self-reliance over intimacy. Getting too close to others can make these individuals uncomfortable. Others might describe them as emotionally distant.

## Note

If you are evenly split between more than one attachment style, you might have what is called **disorganized attachment**.