DebbiCarberry

RELATIONSHIP COACH

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What's Your Style?

Attachment Style Questionnaire

What is Attachment and Why is it Important?

Attachment styles are about the way we connect with and relate to other people. Our style of attachment (connection) begins when we are born and continues to develop in the first few years of life.

Once it is established the attachment style stays with you for the rest of your life and it determines the way you relate to intimate partners and how you parent your own children.

When we know our attachment style we can understand why we behave the way we do when it comes to connection, belonging and relationships. It also helps us to reassess the childhood emotional 'toolbox' we have and make changes if things from are history are negatively impacting the relationships we long for today.

On the next page is an attachment questionnaire. Complete it as honestly as you can (this will give you a more accurate attachment style prediction).

Attachment Style Questionnaire Instructions

Alongside each statement in the questionnaire you will see only one checkbox in either the A,B or C column.

If the statement is TRUE FOR YOU then tick the one available checkbox (don't worry about which column it is in).

		☑	

If the statement is NOT TRUE FOR YOU then do nothing and leave the checkbox unchecked.

		☐	

You will find scoring instructions following the questionnaire.

Attachment Style Questionnaire

	TRUE		
	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, s/he won't like who I am.	☐		
I find that I bounce back quickly after a breakup. It' 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 s/he is feeling down.			☐
When my partner is away, I'm afraid that's/he 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'm afraid s/he will not feel the same 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.			☐

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 to intimate sex with one person.			☐
I'm 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 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'm not enough.	☐		
Sometimes people see me as boring because I create little drama in relationships.		☐	
I miss my partner when we're apart, but when we're together I feel the need to escape.			☐
When I disagree with someone, I feel comfortable expressing my opinions.		☐	
I hate feeling that other people depend on me.			☐
If I notice that someone I'm interested in is checking out other people, I might 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 relived – it means s/he's not looking to make things exclusive.			☐
If I notice that someone I'm interested in is checking out other people, it makes me feel depressed.	☐		
If someone I've been dating begins to act cold and distant, I may wonder what's happened, but I'll 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'll worry that I've done something wrong.	☐		
If my partner was to break up with me, I'd try my best to show her/him what s/he is missing (a little jealousy can't hurt)	☐		
If someone I've been dating for several months tells me s/he wants 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.		☐	

Add up all your checked boxes for - Column A: _____, Column B: _____, Column C: _____

What is Attachment and Why is it Important?

Scoring Key

The more statements that you check in a category, the more you will display characteristics of the corresponding attachment style.

Category A represents the anxious attachment style,

Category B represents the secure attachment style,

Category C represents the avoidant attachment style.

Anxious Attachment

If this is your predominant way of connecting with others you will love to be as close as you can to your romantic partners. You long for and crave connection and intimacy.

You may fear that that your partner doesn't want to be as close to you as you do to him/her. You may also doubt their love for you.

When you begin a relationship it can feel all-consuming and you may spend lots of time thinking about the relationship. You may also feel like you are on an emotional roller coaster ride with intense feelings of happiness but some strong fears about how the relationship will progress.

You can be very sensitive to your partner's moods and actions, and often attribute negative thoughts to them (that they are angry or upset with you or something you have done). You may also take their behavior really personally and want to 'fix' things for them.

You may become upset easily and feel a lot of negative emotions in the relationship especially if you feel your partner is not listening to you, paying attention to you feel like they are pulling away from you. As a result of these thoughts and feelings you might act out and be very emotional, saying and doing things that you regret later.

You may struggle to set appropriate boundaries in your relationship. You may also give more in the relationship than your partner does.

You may get involved in relationships very quickly and want the relationship to progress to a commitment as soon as possible.

Secure Attachment

You feel comfortable and loving in a committed relationship.

You enjoy intimacy and connection and you do not spend time worrying about your relationships.

You are able to go with the flow when it comes to love and romance and you don't often get upset about relationship issues.

You are a good communicator and you are able to easily and comfortably share your needs and feelings with your partner. You are also able to read and understand your partner's emotional cues and then respond to them appropriately.

You share your successes, worries or concerns with you partner and you are able to be there for them if they need you.

You are able to set appropriate boundaries. The level of give and take in the relationship is fairly even.

You tend to start relationships slowly, getting to know your partner over time.

Avoidant Attachment

Independence and self-sufficiency are extremely important to you. When in an intimate relationship you will fight for your freedom and autonomy. Intimate relationships can feel claustrophobic.

You want to feel connected to other but you may also feel very uncomfortable if you feel there is too much closeness. You prefer to keep your relationships casual and your partner at a comfortable emotional distance.

You don't spend much time worrying about your romantic relationships or about being rejected.

You prefer not to share too much information about yourself or what you do with your life you're your partner and they will often complain that they feel unimportant to you and that you are emotionally distant.

In a committed relationship you are constantly on the lookout for any signs that your partner is trying to control you or trying to take away your personal freedom.

What is Attachment and Why is it Important?

After connection or intimacy, you may withdraw for periods of time. You may also talk openly about previous relationships and partners which can may you current partner uncomfortable and worried about how secure the relationship is.

You tend to have very ridged boundaries and can be become very offended if people try to get too close to you.

Note

This questionnaire is not a clinic tool and provides a general indication of your attachment style only. For more information about attachment styles and wounds check out my six week online relationships program...

Debbi Carberry is a clinical social worker in private practice in Brisbane, Australia where she specialises in relationships transformation. Debbi is the author of a short relationship guide **"Is Your Approach to Relationships Healthy? 7 Questions Every Woman Should Ask Herself"**

Come and join Debbi in her Rewrite Your Relationship Story Private Facebook Group https://www.facebook.com/groups/RewriteYourRelationshipStory/