

Attachment Style Assessment

Instructions:

Rate each statement on a scale of 1 to 5:

1 = Strongly Disagree

2 = Disagree

3 = Neutral

4 = Agree

5 = Strongly Agree

Section A: Emotional Availability and Dependence

1. I feel comfortable depending on others when I need support.
2. I often prefer to solve my problems on my own, even if help is available.
3. I avoid sharing my emotions, even with people I trust.
4. It's hard for me to fully trust others with my vulnerabilities.
5. I find it uncomfortable when people expect emotional closeness from me.
6. I often feel like I don't need close relationships to be happy.
7. I feel uneasy if someone relies on me too much.
8. I believe that people will eventually let me down if I depend on them.
9. I value my independence more than maintaining emotional closeness.
10. When others show emotional needs, I sometimes feel overwhelmed or annoyed.

Section B: Fear of Rejection and Abandonment

1. I often worry that the people I care about might leave me.
2. I need frequent reassurance from loved ones to feel secure.
3. I feel panicked or desperate when someone I love pulls away.
4. I have a deep fear of being rejected in close relationships.
5. I often feel insecure about whether others truly care for me.
6. I worry that I'm not good enough for the people I care about.
7. I spend a lot of time analyzing how others feel about me.
8. When someone seems distant, I tend to assume it's my fault.
9. I sometimes feel like I care more about others than they care about me.
10. I feel anxious if I don't hear from someone I'm close to for a while.

Section C: Comfort with Intimacy

1. I enjoy being emotionally close to others.
2. I find it easy to express my thoughts and feelings to someone I trust.
3. I feel comfortable being vulnerable with my partner or loved ones.
4. I don't feel threatened when someone depends on me emotionally.
5. I am good at balancing independence with emotional closeness.
6. I feel at ease knowing I can depend on someone in difficult times.
7. I believe emotional closeness strengthens relationships.
8. I can maintain emotional closeness without feeling overwhelmed.
9. I trust that people who care about me will be there when I need them.
10. I can share my true feelings without fear of being judged.

Section D: Reactions to Conflict

1. I tend to withdraw or shut down when conflicts arise in relationships.
2. I feel anxious or panicked when there's unresolved tension in a relationship.
3. I avoid addressing relationship problems because they feel overwhelming.
4. I often feel angry or resentful but struggle to express it constructively.
5. I try to smooth things over quickly, even if it means ignoring my feelings.
6. I sometimes fear that conflict will ruin a relationship.
7. I freeze or feel paralyzed during emotionally charged confrontations.
8. I feel emotionally distant after a disagreement, even when it's resolved.
9. I struggle to find a balance between expressing my needs and maintaining harmony.
10. I often regret how I handle conflicts after they've occurred.

Scoring Instructions:

After answering all 40 questions, calculate the totals for each section. Use the guidelines below to interpret your scores:

Avoidant Attachment:

- High scores in Section A (especially items like 2, 3, 5, 7)
- Moderate or low scores in Sections B and C

Anxious Attachment:

- High scores in Section B (especially items like 11, 13, 15, 18)
- Moderate or low scores in Section A

Secure Attachment:

- High scores in Section C (especially items like 21, 23, 26, 30)
- Low scores in Sections A and B

Disorganized Attachment:

- High variability across sections, with conflicting answers (e.g., high scores on items like 5 and 13, or 7 and 21)