

ADULT ATTACHMENT 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 me			
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 am not involved in a relationship, I feel somewhat anxious and incomplete			
I find it difficult to be emotionally supportive when my partner is feeling down			
When my partner is away, I fear that s/he might get interested in someone else			
I feel comfortable depending on my romantic partner/s			
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 fear that 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 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 partners 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 that I later regret, rather than being able to reason about things			

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	A	B	C
An argument with my partner doesn't usually cause me to question our entire relationship			
My partner/s often want me to be more intimate than I feel comfortable being			
I worry that I'm 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			
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 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 s/he's not looking to make things exclusive			
If I notice that someone I'm interested in is checking out other people, I feel depressed			
If someone I've been dating begins to act cold and distant, I may wonder what 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 wants to break up with me, I'd try my best to show them what they're missing (a little jealousy can't hurt)			
If someone I've been dating for several months tells me that 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 that I want it 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 in column A: _____

Add up all your checked boxes in column B: _____

Add up all your checked boxes in column C: _____

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, and Category C represents the ***avoidant*** attachment style.

Anxious: You love to be very close to your romantic partners and have the capacity for great intimacy. You often fear, however, that your partner does not wish to be as close as you would like him/her to be. Relationships tend to consume a large part of your emotional energy. You tend to be very sensitive to small fluctuations in your partner's moods and actions, and although your senses are often accurate, you take your partner's behaviors too personally. You experience a lot of negative emotions within the relationship and get easily upset. As a result, you tend to act out and say things you later regret. If the other person provides a lot of security and reassurance, however, you are able to shed much of your preoccupation and feel contented.

Secure: Being warm and loving in a relationship comes naturally to you. You enjoy being intimate without becoming overly worried about your relationships. You take things in stride when it comes to romance and don't get easily upset over relationship matters. You effectively communicate your needs and feelings to your partner and are strong at reading your partner's emotional cues and responding to them. You share your successes and problems with your mate, and are able to be there for him or her in times of need.

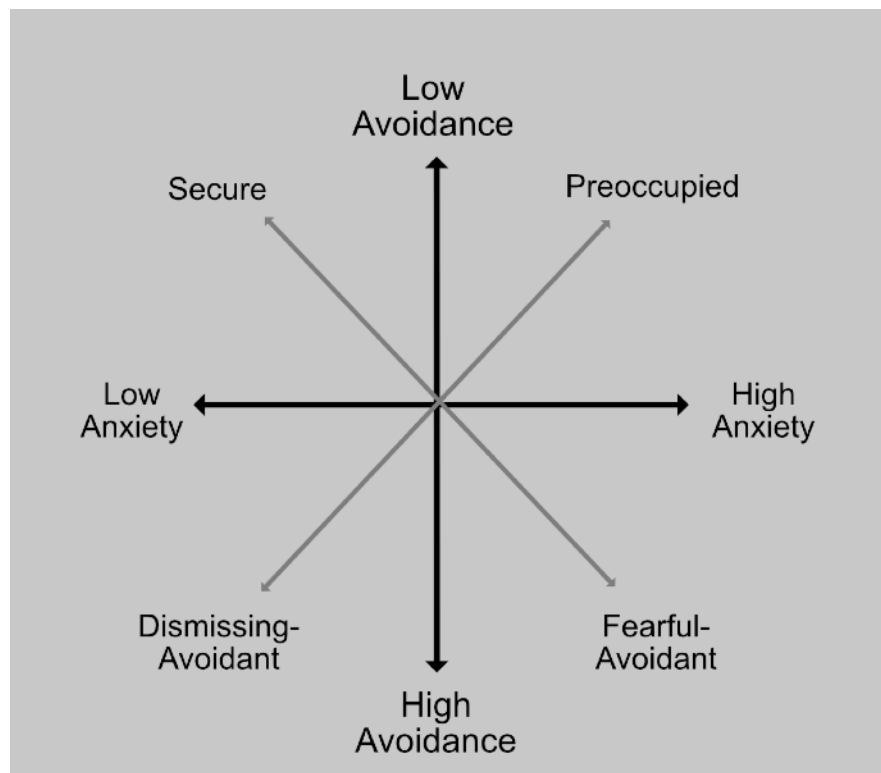
Avoidant: It is very important for you to maintain your independence and self-sufficiency and you often prefer autonomy to intimate relationships. Even though you do want to be close to others, you feel uncomfortable with too much closeness and tend to keep your partner at arm's length. You don't spend much time worrying about your romantic relationships or about being rejected. You tend not to open up to your partners and they often complain that you are emotionally distant. In relationships, you are often on high alert for any signs of control or impingement on your territory by your partner.

WHAT IF I'M STILL NOT SURE?

When people hear about attachment styles, they often have no difficulty recognizing their own style. Some people tell us right away, "I'm anxious," "I'm definitely avoidant," or "I think I'm secure." Others have a harder time figuring it out. If you scored high on more than one

attachment style, you may find it helpful to learn that two dimensions essentially determine attachment styles:

- Your comfort with intimacy and closeness (or the degree to which you try to **avoid** intimacy).
- Your anxiety about your partner's love and attentiveness and your **preoccupation** with the relationship.
- What we find particularly helpful is the way in which Brennan and his colleagues present attachment styles in graphic form, which provides a bird's-eye view of attachment styles that helps you understand how your attachment style relates to those of others. Your location on these two axes determines your attachment style, as the following schematic shows:



(Based on Brennan, Clark, And Shaver's Two Attachment Dimension Scale)

- If you feel comfortable with intimacy with your romantic partner (i.e., are low on intimacy avoidance) and don't obsess much about the relationship or about your partner's ability to love you back (i.e., are low on relationship anxiety) but coast along with it~you're probably **secure**.
- If you crave intimacy and closeness (i.e., are low on intimacy avoidance) but have a lot of insecurities about where the relationship is going, and little things your partner does tend to set you off (i.e., are high on relationship anxiety)~you're probably **anxious**.
- If you feel uncomfortable when things become too close and intimate and value your independence and freedom more than the relationship (i.e., are high on intimacy avoidance)

and don't tend to worry about your partner's feelings or commitment toward you (i.e., are low on relationship anxiety)-you're probably **avoidant**.

- If you are both uncomfortable with intimacy and very concerned about your partner's availability, you have a rare **combination of attachment anxiety and avoidance**.

Only a small percentage of the population falls into this category and if you are one of them, you can benefit from information on both the anxious and avoidant attachment styles.

Out of the Mouths of Babes

Where do these classifications come from? Interestingly enough, they come from watching babies' behavior. Attachment styles were first defined by researchers observing the way babies (usually 9 to 18 months old) behaved during the strange situation test (a reunion with a parent after a stressful separation)

Here's a short description of how attachment styles are defined in children. Some of their responses can also be detected in adults who share the same attachment style.

Anxious: This baby becomes extremely distressed when mommy leaves the room. When her mother returns, she reacts ambivalently-she is happy to see her but angry at the same time. She takes longer to calm down, and even when she does, it is only temporary. A few seconds later, she'll angrily push mommy away, wriggle down, and burst into tears again.

Secure: The secure baby is visibly distressed when mommy leaves the room. When mother returns, he is very happy and eager to greet her. Once in the safety of her presence, he is quick to be reassured, calm down, and resume play activity.

Avoidant: When mommy leaves the room, this baby acts as though nothing has happened. Upon her return, she remains unmoved, ignores her mom, and continues to play indifferently. But this façade doesn't tell the whole story. In fact, inside, baby is neither calm nor collected. Researchers have found that these babies' heart rates are actually just as elevated as other babies who express immense distress, and their cortisol levels (stress hormone) are high.

Excerpted from Attached. The new science of Adult Attachment and How it can help you find—and keep—Love Amir Levine & Rachel Heller