

Attachment Style Self-Assessment

by Sarah MacFarlane

Attachment Style Self-Assessment

Answer the questions below honestly. Choose the option that best reflects how you typically think, feel, or act in close relationships.

1. When I feel close to someone, I usually:

- a) Feel secure and open with them.
- b) Worry they may not feel as close to me.
- c) Feel the need to maintain some emotional distance.
- d) Feel both drawn to and afraid of closeness.

2. If a partner doesn't respond to my message, I tend to:

- a) Assume they're busy and I'll hear back later.
- b) Feel anxious and worry I've done something wrong.
- c) Feel annoyed and withdraw emotionally.
- d) Flip between anxiety and anger.

3. When I'm upset, I usually:

- a) Talk things through calmly.
- b) Seek reassurance or feel overwhelmed.
- c) Keep it to myself and retreat.
- d) Struggle to identify what I'm feeling.

4. I often feel that others will leave me:

- a) Rarely.
- b) Frequently.
- c) I don't think about it much.
- d) I feel both fear and anger about it.

5. In arguments, I tend to:

- a) Stay present and open to resolution.
- b) Get highly emotional and fear rejection.
- c) Shut down or withdraw.
- d) Feel confused and overwhelmed.

6. I feel loved when:

- a) People show me care and consistency.
- b) I receive constant reassurance.
- c) I'm given space and autonomy.
- d) I don't feel judged or trapped.

7. My childhood relationships felt:

- a) Safe and supportive.
- b) Unpredictable or clingy.

- c) Distant or rigid.
- d) Frightening or confusing.

8. When people get close to me:

- a) I welcome it.
- b) I worry they'll leave me.
- c) I back away or feel uncomfortable.
- d) I want closeness but feel unsafe.

9. I believe others will:

- a) Generally be there for me.
- b) Eventually reject me.
- c) Depend on me too much.
- d) Hurt or confuse me emotionally.

10. I fear being:

- a) Misunderstood occasionally.
- b) Abandoned.
- c) Controlled or smothered.
- d) Trapped in unpredictable emotions.

11. In romantic relationships I tend to:

- a) Communicate and compromise.
- b) Feel needy or overly dependent.
- c) Prioritise independence.
- d) Struggle with trust and stability.

12. My biggest fear in relationships is:

- a) Losing connection over time.
- b) Being left alone.
- c) Being emotionally suffocated.
- d) Being emotionally overwhelmed.

13. When a relationship ends, I usually:

- a) Grieve and eventually move forward.
- b) Feel devastated and blame myself.
- c) Detach quickly and avoid thinking about it.
- d) Feel disoriented and confused about what happened.

14. I often think I am:

- a) Worthy of love.
- b) Too much for people.
- c) Better off alone.
- d) Conflicted about whether I deserve love.

15. When someone is upset with me, I:

- a) Try to understand and talk it through.
- b) Get anxious and assume it's my fault.
- c) Feel irritated or want to walk away.
- d) Feel a mix of shame and anger.

16. I tend to:

- a) Trust others unless given a reason not to.
- b) Constantly seek reassurance.
- c) Avoid emotional dependence.
- d) Expect unpredictability from people.

17. As a child, I remember:

- a) Feeling generally safe and loved.
- b) Craving attention or fearing separation.
- c) Feeling unseen or left to cope alone.
- d) Being unsure whether love and safety were consistent.

18. When I need help, I:

- a) Ask directly and without fear.
- b) Feel guilty or unsure about asking.
- c) Prefer to manage alone.
- d) Don't know whether anyone can really help.

19. I feel most comfortable when:

- a) There is mutual support and space.
- b) I feel constantly reassured.
- c) I have full independence.
- d) I avoid emotional demands altogether.

20. My relationship pattern is usually:

- a) Healthy with ups and downs.
- b) Intense, emotional, and up-and-down.
- c) Distant or avoidant of intimacy.
- d) Chaotic and unpredictable.

Scoring Instructions

Tally how many times you chose each letter:

- Mostly A – Secure Attachment
- Mostly B – Anxious Attachment
- Mostly C – Avoidant Attachment
- Mostly D – Disorganised Attachment

Attachment Style Descriptions

Secure: You are comfortable with intimacy and autonomy. You communicate openly and maintain balance in relationships.

Anxious: You crave closeness but often fear abandonment. You may seek reassurance or feel easily rejected.

Avoidant (Dismissive): You value independence and may downplay the importance of emotional closeness. You might withdraw when others get too close.

Avoidant (Fearful-Avoidant / Disorganised): You may desire emotional closeness but feel anxious or fearful about being hurt. This can cause push-pull patterns in relationships.

Disorganised: You may struggle with internal conflict in relationships, often wanting closeness but fearing emotional exposure or inconsistency.

Note: Some avoidant styles fall into subtypes. You may identify with one more than the other — or notice traits from both over time. Attachment styles can shift with self-awareness, therapy, and healthy relationships.

How to Work on Your Attachment Style

Attachment styles are not fixed — they are shaped by early experiences, but they can evolve through insight, healthy relationships, and therapy. Below are strategies to support each style in moving toward more secure attachment.

Secure Attachment:

- Continue practicing open communication and emotional availability.
- Reflect on boundaries and emotional needs with curiosity.
- Offer support to others while staying aware of your limits.

Anxious Attachment:

- Practice self-soothing and reality-checking your fears of abandonment.
- Build self-worth outside of relationships (journaling, affirmations, therapy).
- Communicate needs clearly without assuming rejection.

Avoidant Attachment (Dismissive):

- Explore discomfort with vulnerability in a safe space (therapy or journaling).
- Take small steps to share your emotions rather than withdraw.
- Reflect on where your independence may be protecting past wounds.

Avoidant Attachment (Fearful-Avoidant / Disorganised):

- Build emotional safety through consistent, non-judgmental connections.
- Work with a therapist to explore inner conflict and past trauma.
- Notice push-pull tendencies and practice pausing before reacting.



Sarah MacFarlane

Integrative Counsellor for Adults, Couples, and Teens

■ Based in Worcester | ■ Online Available

■ counselling@sarahmacfarlane.co.uk

■ 07488 330507

www.sarahmacfarlane.co.uk