

Attachment Style Intro Quiz

This quiz is designed to help you identify your predominant attachment style—Secure, Anxious, or Avoidant—based on patterns in your relationships. Once you determine your attachment style, you'll be able to answer questions on the in-depth interview.

Choose the response (A, B, or C) that best describes how you generally feel or behave in close relationships. At the end, tally your answers to see which letter appears most often.

1. When someone I care about doesn't respond to my text or call right away, I:

- A. Assume they're busy and will get back to me.
- B. Worry they're upset or losing interest.
- C. Feel relieved to have some space.

2. In relationships, I tend to:

- A. Communicate openly and feel comfortable with closeness.
- B. Feel anxious about whether my partner truly loves me.
- C. Avoid relying on others or sharing too much of myself.

3. When conflicts arise, I usually:

- A. Try to talk things through calmly.
- B. Feel distressed and need reassurance right away.
- C. Withdraw or shut down to avoid confrontation.

4. I feel most loved when my partner:

- A. Shares affection and communicates consistently.
- B. Reassures me and shows commitment.
- C. Respects my independence and gives me space.

5. My biggest fear in relationships is:

- A. Losing mutual respect or trust.
- B. Being abandoned or rejected.
- C. Feeling trapped or controlled.

6. When I start to get close to someone, I:

- A. Enjoy it and look forward to deepening the connection.
- B. Feel excited but also anxious about being hurt.
- C. Feel uncomfortable and look for reasons to pull away.

7. My friends or partners would probably describe me as:

- A. Supportive and dependable.
- B. Passionate but sensitive or needy.
- C. Independent but hard to get close to.

8. When someone offers to help me or support me emotionally, I:

- A. Appreciate it and accept when needed.
- B. Feel grateful but worry I'll owe them.
- C. Feel uneasy and prefer to handle things myself.

9. During periods of stress in a relationship, I:

- A. Lean on my partner and communicate my needs.
- B. Become preoccupied with the relationship and need closeness.
- C. Withdraw to deal with things on my own.

10. My ideal relationship feels:

- A. Warm, honest, and balanced.
- B. Deeply connected and reassuring.
- C. Easy, low-pressure, and without drama.

11. When my partner expresses strong emotions, I:

- A. Listen and stay present.
- B. Feel overwhelmed but try to comfort them.
- C. Feel uncomfortable and wish they'd calm down.

12. When someone gets too close too quickly, I:

- A. Go with the flow if it feels right.
- B. Feel thrilled and want to move closer.
- C. Feel uneasy and pull back.

13. When I think about past relationships, I:

- A. Remember lessons and fond moments.
- B. Dwell on what went wrong or how I was hurt.
- C. Feel detached or prefer not to think about them.

14. In friendships, I tend to:

- A. Stay in regular contact and show up when needed.
- B. Worry about being left out or forgotten.
- C. Keep things light and rarely open up deeply.

15. My comfort level with intimacy is:

- A. High—I like being close, emotionally and physically.
 - B. Moderate—I crave closeness but it can feel overwhelming.
 - C. Low—I value closeness but only in small doses.
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Scoring

- **Mostly A's:** You have a **Secure Attachment Style**. You're comfortable with emotional intimacy and trust others while maintaining independence.
 - **Mostly B's:** You have an **Anxious Attachment Style**. You crave closeness and connection but often worry about rejection or abandonment.
 - **Mostly C's:** You have an **Avoidant Attachment Style**. You value independence and self-reliance but may struggle with vulnerability and emotional closeness.
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Optional Reflection Questions for Blog Participants

- What patterns from your childhood or past relationships still stand out to you?
- How do you typically react to stress or distance in relationships?
- What would a more secure version of connection look like for you?

