

Attachment Style Descriptors

Secure	Insecure Anxious	Insecure Avoidant	Insecure Disorganized
<p>Can manage emotions</p> <p>Trusts others easily</p> <p>A good communicator</p> <p>Shares emotions with partner readily</p> <p>Emotionally available to partner</p>	<p>Worries partner may leave</p> <p>Gets anxious when criticized by partner</p> <p>Can be jealous</p> <p>May feel unworthy of being loved</p> <p>Anxious when not in a relationship</p> <p>Takes quick action if relationship threatened</p>	<p>Does not need affection from partner</p> <p>Does not communicate emotions readily</p> <p>Feels threatened when partner gets too close</p> <p>Spends more time alone</p> <p>Reluctant to trust others</p>	<p>Afraid will be rejected by partner at any moment</p> <p>Tries to get closer; then pushes partner away</p> <p>Feels lots of anxiety about relationship</p> <p>Anxiety can spiral out of control</p> <p>Wants to ask for more intimacy but afraid of response</p>

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Facets of Each Personality Trait

Openness to Experience	Conscientiousness	Extraversion	Agreeableness	Emotional Inclination
<p>Fantasy</p> <p>Aesthetic Interest</p> <p>Emotional Orientation</p> <p>Experimentation</p> <p>Intellectualism</p> <p>Diversity-Tolerance</p>	<p>Prudence</p> <p>Self-Discipline</p> <p>Achievement-Striving</p> <p>Dutifulness</p> <p>Orderliness</p> <p>Self-Assurance</p>	<p>Positive Emotions</p> <p>Excitement-Seeking</p> <p>Activity Level</p> <p>Assertiveness</p> <p>Gregariousness</p> <p>Warmth</p>	<p>Sympathy-Compassion</p> <p>Trust</p> <p>Earnestness</p> <p>Altruism</p> <p>Cooperation-Compliance</p> <p>Modesty</p>	<p>Vulnerability</p> <p>Depressivity</p> <p>Anxiety</p> <p>Irritability</p> <p>Immoderation</p> <p>Self-Consciousness</p>

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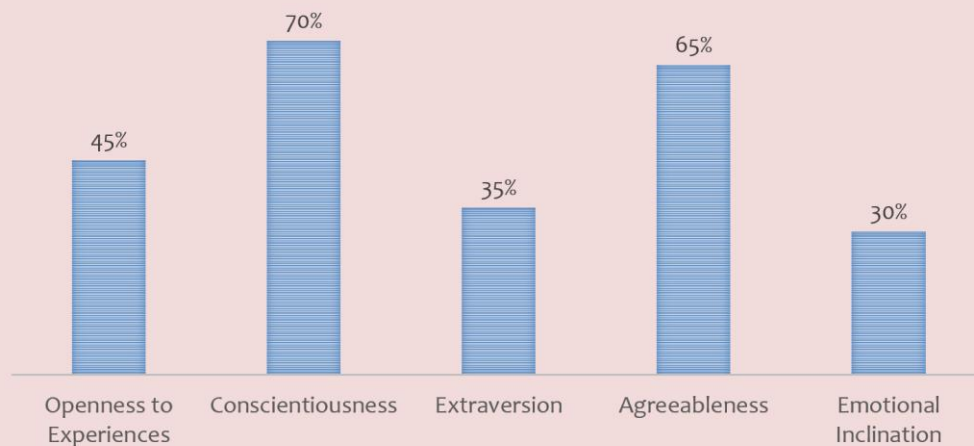
ATP Self-Assessments: Structure

My parent(s) would be caring and comforting one minute and aloof and distant the next.		My parent(s) were mostly caring and comforting; but once in a while, they seemed aloof or distant.		My parent(s) were very consistent about being caring and comforting. They were never aloof or distant.	
5	4	3	2	1	
My parent(s) left me alone to fend for myself for extended periods of time on many occasions.		Once in a while my parent(s) left me alone to fend for myself; but never for very long.		My parent(s) never left me alone to fend for myself.	
5	4	3	2	1	
My parent(s) made me feel safe; they paid attention to me and met my needs consistently.		My parent(s) made me feel safe at times; but other times I felt like they were preoccupied and might not meet my needs.		My parent(s) never made me feel safe; I was anxious a lot that my needs were not going to be met	
5	4	3	2	1	

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ATP Self-Assessments: Scoring



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ATP Self-Assessments: Optional Report

Openness to Experiences

Item	Facet	High	Moderate	Low
4	Aesthetic Interest	I am fascinated by a wide variety of art, music and literature.		
9	Experimentation	I am inventive and I find clever ways to do things.		
14	Fantasy	I have a vivid imagination and can see lots of possibilities.		
13	Diversity Tolerance			I often find fault with others.
26	Experimentation	I really like to engage in a lot of new and unique experiences.		
28	Intellectualism	I enjoy intellectual or philosophical discussions.	I can talk about philosophical or practical matters.	
33	Experimentation	I like taking new approaches to tasks rather than doing things the same way each time.		
40	Emotional Orientation			I don't usually consider my emotions or the emotions of others.

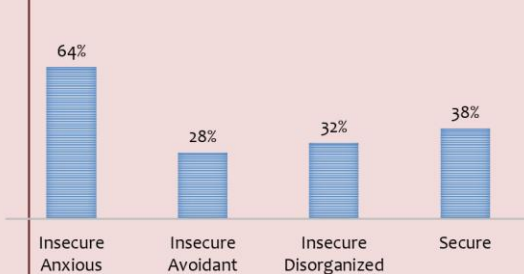
Trait Strength: 75%

Your trait strength on Openness to Experiences is relatively high. Relationships with people who score in the lower range on this trait may be frustrating for you as they will not share your wide interests and curious nature. (Don't rule out falling in love with someone who is not open to experiences, just remember this can be a source of frustration if the trait strength difference is significant.) Take steps to cultivate your wide interests. Explore new hobbies, find outlets for your creativity and consider joining groups that share your interests as these relationships can be stimulating.

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ATP Self-Assessments: Interpretation

CHILDHOOD ATTACHMENT STYLES



ADULT ROMANTIC ATTACHMENT STYLES

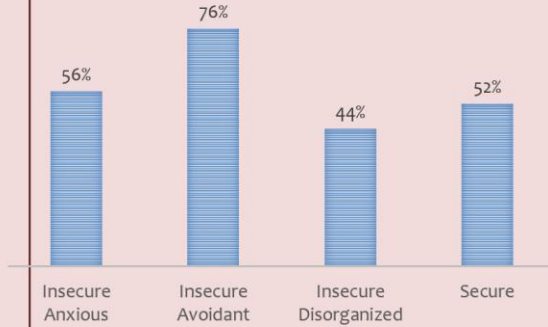


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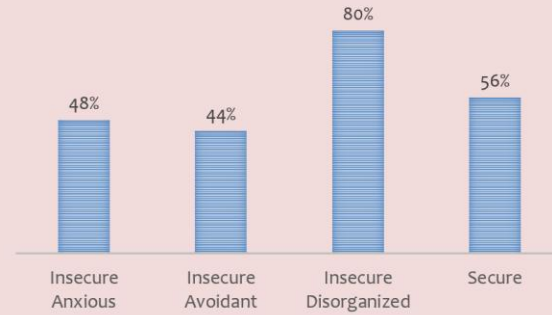


ATP Self-Assessments: Interpretation

CHILDHOOD ATTACHMENT STYLES



ADULT ROMANTIC ATTACHMENT STYLES



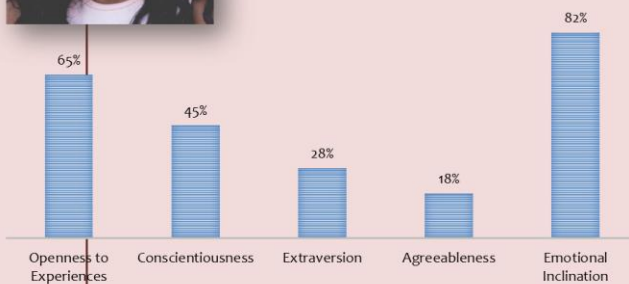
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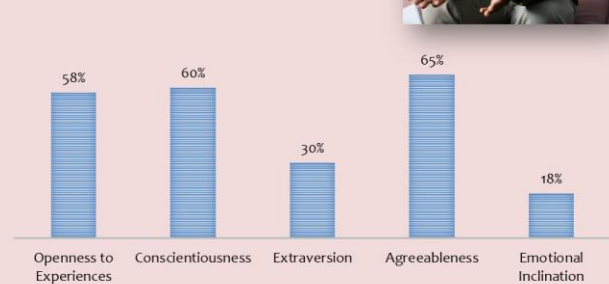
ATP Self-Assessments: Interpretation



CHARLOTTE



DEREK



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