



# ATTACHMENT STYLES SURVEY

The Attachment Styles Survey, also called the Experience in Close Relationships Scale, is a way to assess your romantic attachment style—the way you relate to others in the context of intimate relationships. As you might suspect, people differ greatly in the ways they approach close relationships. For example, some people are comfortable opening up to others emotionally, whereas others are reluctant to allow themselves to depend on others.

**Instructions:** Write in a number 1–7 indicating how much you agree or disagree with each statement, where **1=Strongly Disagree** and **7=Strongly Agree**.

1. It doesn't help to turn to my romantic partner in times of need. ☐
2. I need a lot of reassurance that I am loved by my partner. ☐
3. I want to get close to my partner, but I keep pulling back. ☐
4. I find that my partner doesn't want to get as close as I would like. ☐
5. I don't turn to my partner for many things, including comfort and reassurance. ☐
6. My desire to be very close sometimes scares people away. ☐
7. I try to avoid getting too close to my partner. ☐
8. I worry about being abandoned. ☐
9. I don't usually discuss my problems and concerns with my partner. ☐
10. I get frustrated if my romantic partner is not available when I need them. ☐
11. I am nervous when my partner gets too close to me. ☐
12. I worry that a romantic partner won't care about me as much as I care about them. ☐

TOTAL OF ALL GRAY BOXES

TOTAL OF ALL WHITE BOXES

**Scoring:** Add your gray boxes and white boxes separately.

Transfer the two numbers to the corresponding boxes on the next page to interpret your results.



# ATTACHMENT STYLES SURVEY

TOTAL OF ALL GRAY BOXES IS  
YOUR AVOIDANCE SCORE

TOTAL OF ALL WHITE BOXES IS  
YOUR ANXIETY SCORE

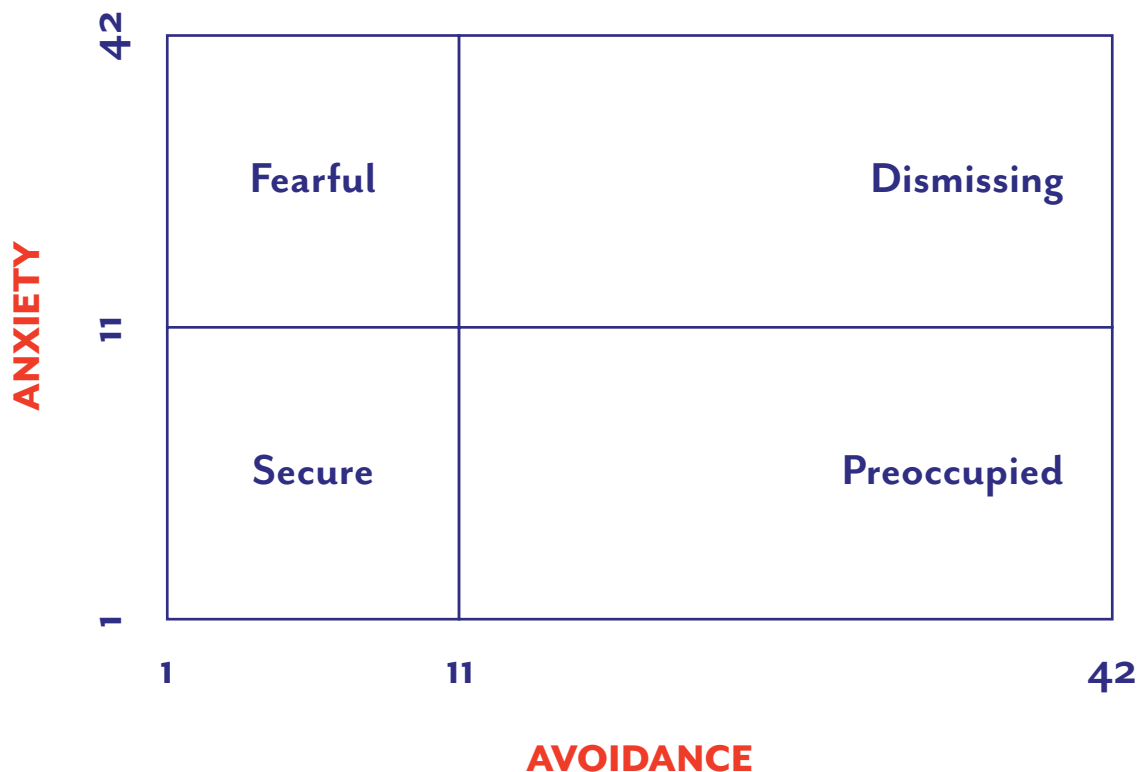
Transfer the two numbers from the corresponding boxes on the previous page to interpret your results. Your scores place you into one of four quadrants (see figure below).

A “secure” attachment style is below average in both anxiety (less than 11) and avoidance (less than eight). This is ideal and what you aim for such that your romantic life enhances your overall happiness.

If your anxiety is high (above 11), but your avoidance is low (below eight), it makes you “fearful” in your relationship, willing to commit but worried your partner will not.

If your anxiety is low (below 11), but your avoidance is high (above eight), you are “preoccupied,” meaning that you are the one impeding the closeness of the relationship.

If you are high in both, your style is “dismissing,” meaning you are stressed about the relationship and unwilling to commit.





# REAL FRIENDS VS. DEAL FRIENDS

Arthur makes the distinction between “real friends” and “deal friends.” Deal friends are the people who help you in a transactional way. Real friends are the “useless” ones who gain no benefit from being your friend, other than just being there for you.

1. List your four best friends and classify each as real or deal.
2. Now answer these questions about each of your friends.
  - Could I call this friend in distress at 2 a.m. and would this friend conceivably call me at 2 a.m.?
  - Would we stay close if one of us changed jobs or cities?
  - Can we and do we tell each other the truth even when it hurts?
3. Should you reclassify your friends based on these answers?

FRIEND’S NAME	REAL OR DEAL	DISTRESS CALL?	BIG MOVE?	TELL TRUTH?

Assess critically and honestly if you need to work on improving the quality of your relationships.



## CITATIONS & SOURCES

**Pages 1 and 2:** Cite: Wei, M., Russell, D. W., Mallinckrodt, B., & Vogel, D. L. (2007). The experiences in Close Relationship Scale (ECR)-short form: Reliability, validity, and factor structure. *Journal of Personality Assessment*, 88, 187–204.

**Page 2:** Figure citation: The four styles of attachment. Adapted from Wongpakaran, Tinakon, & Wongpakaran, Nahathai. (2012).