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**Attachment Styles**

a. [ ]  I often worry that my partner will stop loving me.

b. [ ]  I find it easy to be affectionate with my partner.

a. [ ]  I fear that once someone get to know the real me, s/he won’t like who I am.

c. [ ]  I find that I bounce back quickly after a breakup. It’s weird how I can just put someone out of my mind.

a. [ ]  When I’m not involved in a relationship, I feel somewhat anxious and incomplete.

c. [ ]  I find it difficult to emotionally support my partner when s/he is feeling down.

a. [ ]  When my partner is away, I’m afraid that s/he might become interested in someone else.

b. [ ]  I feel comfortable depending on romantic partners.

c. [ ]  My independence is more important to me than my relationships.

c. [ ]  I prefer not to share my innermost feelings with my partner.

a. [ ]  When I show my partner how I feel, I’m afraid s/he will not feel the same about me.

b. [ ]  I am generally satisfied with my romantic relationships.

a. [ ]  I think about my relationships a lot.

c. [ ]  I find it difficult to depend on romantic partners.

a. [ ]  I tend to get very quickly attached to a romantic partner.

b. [ ]  I have little difficulty expressing my needs and wants to my partner.

c. [ ]  I sometimes feel angry or annoyed with my partner without knowing why.

a. [ ]  I am very sensitive to my partner’s moods.

b. [ ]  I believe most people as essentially honest and dependable.

c. [ ]  I prefer causal sex with uncommitted partners to intimate sex with one person.

b. [ ]  I’m comfortable sharing my personal thoughts and feelings with my partner.

a. [ ]  I worry that if my partner leaves me I might never find someone else.

c. [ ]  It makes me nervous when my partner gets too close.

a. [ ]  During a conflict, I tend to impulsively do or say things I later regret, rather than be able to reason about things.

b. [ ]  An argument with my partner doesn’t usually cause me to question our entire relationship.

c. [ ]  My partners often want me to be more intimate than I am comfortable being.

a. [ ]  I worry that I’m not attractive enough.

b. [ ]  Sometimes people see me as boring because I create little drama in relationships.

c. [ ]  I miss my partner when we’re apart, but then when we’re together I feel the need to escape.

b. [ ]  When I disagree with someone, I feel comfortable expressing my opinions.

c. [ ]  I hate feeling that other people depend on me.

b. [ ]  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.

c. [ ]  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.

a. [ ]  If I notice that someone I’m interested in is checking out other people, it makes me feel depressed.

b. [ ]  If someone I’ve been dating begins to act cold and distant, I may wonder what has happened, but I’ll know it’s probably not about me.

c. [ ]  If someone I’ve been dating begins to act cold and distant, I’ll probably be indifferent. I might even be relieved.

a. [ ]  If someone I’ve been dating begins to act cold and distant, I’ll worry that I’ve done something wrong.

a. [ ]  If my partner was to break up with me, I’d try my best to show her/him what s/he is missing (a little jealousy can’t hurt).

b. [ ]  If someone I’ve been dating for several months tells me s/he want to stop seeing me, I’d feel hurt at first, but I’d get over it.

c. [ ]  Sometimes when I get what I want in a relationship, I’m not sure what I want anymore.

b. [ ]  I won’t have much of a problem staying in touch with my ex (strictly platonic) after all, we have a lot in common.