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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.