



MY ATTACHMENT STYLE QUIZ



For each statement, please choose the option that most accurately reflects your feelings and behaviors in romantic relationships or close connections.

1. When my partner is not around or seems distant:

- a. I'm usually okay with it and trust they'll come back.
- b. I often feel a bit anxious or worried.
- c. I prefer it when they give me space.
- d. I feel a mix of longing and fear, unsure how to react.

2. When I have an argument or disagreement with my partner:

- a. I can express my feelings calmly and work toward a resolution.
- b. I tend to feel intense emotions and may fear abandonment.
- c. I'm generally unbothered and prefer to avoid conflicts.
- d. I feel overwhelmed, sometimes reacting strongly, and later regret it.

3. In my relationships, I often:

- a. Feel comfortable expressing my needs and emotions.
- b. Worry about my partner's feelings and whether they truly love me.
- c. Value my independence and personal space.
- d. Experience a push-pull dynamic, unsure whether to get closer or pull away.

4. When my partner wants to spend time with friends or engage in hobbies:

- a. I'm fine with it and encourage them to enjoy their interests.
- b. I may feel a bit jealous or left out.
- c. I appreciate the opportunity for my own space and activities.
- d. I might feel insecure or question the relationship.

5. When I think about my childhood and relationship with my caregivers:

- a. I recall feeling loved, supported, and safe.
- b. I remember moments of inconsistency or feeling like I needed to earn their love.
- c. I had a lot of independence and self-reliance.
- d. I recall moments of confusion, unpredictability, or inconsistency.

6. When I'm in need of emotional support:

- a. I'm comfortable seeking support from friends, family, or a partner.
- b. I sometimes hesitate to ask for help, fearing rejection or disappointment.
- c. I prefer to handle my emotional needs independently and may even withdraw.
- d. I feel conflicted about reaching out for support, sometimes craving it and other times fearing vulnerability.

7. When it comes to personal boundaries in relationships:

- a. I can set and maintain healthy boundaries while respecting my partner's boundaries.
- b. I sometimes struggle to establish boundaries and may fear being too demanding.
- c. I value personal space and boundaries, often keeping some emotional distance.
- d. I find it challenging to establish consistent boundaries, leading to mixed signals.

8. When my partner or loved one expresses a need for space and time alone:

- a. I completely understand and respect their need for personal time.
- b. I might feel a bit insecure but recognize the importance of individual space.
- c. I appreciate the opportunity to focus on my own interests.
- d. I feel a mixture of anxiety and a desire to be closer to them.

9. In moments of vulnerability or when I need emotional support, I tend to:

- a. Reach out to friends or loved ones without hesitation.
- b. Debate whether to seek support, fearing potential rejection or abandonment.
- c. Prefer to handle my emotions privately and independently.
- d. Feel torn between wanting comfort and fearing judgment.

10. When it comes to sharing my innermost thoughts and feelings with a close partner:

- a. I'm comfortable sharing my deepest emotions & thoughts openly.
- b. I'm hesitant to reveal my innermost thoughts, fearing it may push them away.
- c. I prefer to keep certain things to myself to maintain independence.
- d. I struggle with deciding what to share and may reveal some aspects while concealing others.

Scoring: Count the number of times you selected each letter (A, B, C, D) and write them below. Your dominant attachment style is typically associated with the letter that appears most frequently in your responses.

Attachment Styles:

- A) _____: **Secure Attachment**
- B) _____: **Anxious-Preoccupied Attachment**
- C) _____: **Dismissive-Avoidant Attachment**
- D) _____: **Fearful-Avoidant (Disorganized) Attachment**

*Please remember that this quiz provides a general indication of your attachment style and is not a definitive assessment. Attachment styles can be complex and influenced by various factors. If you have concerns about your attachment style or how it may be impacting your relationships, consider seeking personalized guidance from a mental health professional.