

PRINTABLE WORKSHEET

What's your attachment pattern?

Twelve statements on the two dimensions researchers use: attachment anxiety and avoidance. Think about your current or most recent relationship. 1 = strongly disagree, 3 = neutral, 5 = strongly agree.

1. I worry that my partner doesn't care about me as much as I care about them. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I prefer not to depend on my partner. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. When my partner seems distant, I get anxious and want to reconnect right away. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. I find it easy to open up to my partner about what I'm feeling. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. I need a lot of reassurance that I'm loved. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. When things get very close, part of me wants some space. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I rarely worry about my partner leaving me. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. I'm comfortable turning to my partner when I'm struggling. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

9. When my partner doesn't reply for a while, my mind goes to what might be wrong. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. I'd rather handle problems on my own than talk them through with my partner. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

11. I feel secure that my partner will be there when I need them. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. I get uncomfortable when my partner wants to talk about feelings. ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Scoring

Items 4, 7, 8, 11 are reversed: score them as 6 minus your rating.

Anxiety = average of items 1, 3, 5, 7, 9, 11: ____ **Avoidance** = average of items 2, 4, 6, 8, 10, 12: ____

Above 3 counts as high. Low/low: **secure**. High anxiety: **anxious**. High avoidance: **avoidant**. Both high: **fearful**.

A short reflection, not a validated test. Researchers use longer measures such as the ECR-R.

Interactive version, with your results calculated for you: victoriarelationshiptherapy.ca/tools-attachment-style-quiz.html