



The following statements explore how you typically feel in emotionally intimate relationships, both past and present.

This does not necessarily need to be a romantic relationship, but should be an individual with whom you feel (or have felt) the most connection.

For example, it can be your primary “go-to” person, a friend, or even a work colleague on whom you rely if you’re sick, in trouble, want to celebrate with, or call with good news.

Respond to each statement by selecting a number to indicate how much you agree or disagree with the statement.

Rate each statement on a scale of 1 to 5:

Strongly disagree	Disagree	Neutral	Agree	Strongly agree
1	2	3	4	5

		1	2	3	4	5
1	I worry whether people like me or not.	☐	☐	☐	☐	☐
2	I often feel that I’m not good enough to be in my relationship and question why my partner would want to be with me.	☐	☐	☐	☐	☐
3	I feel comfortable depending on others for help when necessary.	☐	☐	☐	☐	☐
4	I value my independence more than close relationships.	☐	☐	☐	☐	☐
5	I tend to downplay or suppress my emotions.	☐	☐	☐	☐	☐
6	I respect my partner’s needs and boundaries and am comfortable setting my own.	☐	☐	☐	☐	☐
7	I become highly emotionally reactive when my partner is not available.	☐	☐	☐	☐	☐
8	I often use physical closeness (like hugging) to reduce my anxiety in relationships.	☐	☐	☐	☐	☐
9	I can maintain a healthy balance between intimacy and independence in relationships.	☐	☐	☐	☐	☐
10	I feel uncomfortable when others try to get emotionally close to me.	☐	☐	☐	☐	☐
11	I need control and security in my relationships, but I don’t know how to achieve this.	☐	☐	☐	☐	☐
12	I feel comfortable expressing my emotions and thoughts to others.	☐	☐	☐	☐	☐

13	I prioritize self-reliance over seeking emotional support from others.	☐	☐	☐	☐	☐
14	My relationships tend to have many extreme highs and lows.	☐	☐	☐	☐	☐
15	I find it difficult to trust others completely.	☐	☐	☐	☐	☐
16	I tend to create drama in my relationships without intending to.	☐	☐	☐	☐	☐
17	I rely heavily on my partner's approval and validation to feel good about myself.	☐	☐	☐	☐	☐
18	I generally have a negative view of myself and others.	☐	☐	☐	☐	☐
19	I feel comfortable being vulnerable with my partner.	☐	☐	☐	☐	☐
20	You have conflicting desires for closeness and distance.	☐	☐	☐	☐	☐
21	The person I want to go to for safety is often the same person I'm frightened to be close to.	☐	☐	☐	☐	☐
22	I may have trouble regulating emotions.	☐	☐	☐	☐	☐
23	Your behavior in relationships may be unpredictable.	☐	☐	☐	☐	☐

Scoring

The attachment style with the highest score is likely your predominant style. However, it's common to have traits from multiple styles.

Secure Attachment: Items 3, 6, 9, 12, and 19. _____

Anxious Attachment: Items 1, 2, 7, 8, and 17. _____

Avoidant Attachment: Items 4, 5, 10, 13, and 15. _____

Fearful-Avoidant Attachment: Items 11, 14, 16, 18, 20, 21, 22, and 23. _____

Note: *This attachment style quiz is meant as an educational tool, but is not meant as an official diagnosis or clinical assessment.*

Interpretation

Attachment styles are expectations people develop about relationships with others, and the first attachment is based on the relationship individuals had with their primary caregiver when they were infants.

Attachment styles can change over time with self-awareness and effort.

Secure Attachment

People with secure attachments generally have positive views of themselves and others. They're comfortable with intimacy and independence, can communicate emotions effectively, and have stable, satisfying relationships.

Anxious Attachment

Anxious attachment style is characterized by a strong desire for closeness, fear of abandonment, and heightened emotional responses in relationships.

Individuals with this style often seek constant reassurance and may become overly dependent on their partners.

If you tend to feel insecure, worry about rejection, or are clingy with romantic partners, you may have an anxious attachment style.

Avoidant Attachment

Avoidant attachment style is a psychological and emotional pattern characterized by an individual's tendency to avoid emotional closeness and dismiss the importance of intimate relationships, often as a self-protective measure.

Avoidant individuals tend to have a negative view of others and a mostly positive view of themselves. They believe other people are untrustworthy and dishonest, whereas they are confident and capable and do not need the support of anyone else.

Fearful-Avoidant Attachment

Fearful-avoidant attachment is often rooted in childhood trauma or inconsistent caregiving. People with this attachment style typically want close relationships but fear being hurt or rejected.

This leads to push-pull behaviors and emotional turbulence in relationships.

If you identify with these traits, working with a therapist specializing in attachment issues can be helpful in developing more secure attachment patterns and healthier relationships.

Further Information

1. [Secure Attachment Style Relationships & How to Form](#)
2. [How To Know If Your Date Has A Secure Attachment Style](#)
3. [Anxious Attachment Style: Signs In Adults, How It Develops & How To Cope](#)
4. [How To Move From Anxious Attachment To Secure](#)
5. [What Is It Like To Date Someone With An Anxious Attachment?](#)
6. [Can Two People With An Anxious Attachment Style Date?](#)
7. [Avoidant Attachment Style: Causes, Signs, Triggers & How to Heal](#)
8. [How to Date Someone with an Avoidant Attachment Style](#)
9. [Fearful Avoidant Attachment Style: Signs & How To Cope](#)
10. [What Is It Like To Date Someone With A Fearful Avoidant Attachment?](#)