

# Adult Attachment Scale (AAS)

Name:

Date:

**Instructions:** Please rate how much you agree with the following statements using the scale below. Consider your feelings and attitudes across all of your significant relationships when responding to these items.

**1 = Strongly Disagree, 2 = Disagree, 3 = Neutral, 4 = Agree, 5 = Strongly Agree**

Statement	Score (from 1-5)
1. I find it difficult to allow myself to depend on others.	
2. People are never there when you need them.	
3. I am comfortable depending on others.	
4. I know that others will be there when I need them.	
5. I find it difficult to trust others completely.	
6. I am not sure that I can always depend on others to be there when I need them.	
7. I do not often worry about being abandoned.	
8. I often worry that my partner does not really love me.	
9. I find others are reluctant to get as close as I would like.	
10. I often worry my partner will not want to stay with me.	
11. I want to merge completely with another person.	
12. My desire to merge sometimes scares people away.	
13. I find it relatively easy to get close to others.	
14. I do not often worry about someone getting close to me.	
15. I am somewhat uncomfortable being close to others.	
16. I am nervous when anyone gets too close.	
17. I am comfortable having others depend on me.	
18. Often, love partners want me to be more intimate than I feel comfortable being.	