

Attachment Styles Quiz

Name:

Date:

Instructions: Please read each statement carefully and select the response that best reflects your typical behavior in close relationships. There are no right or wrong answers. Be honest and choose the response that feels most accurate for you.

Please make it check boxes from strongly agree - strongly disagree for each question.

I feel comfortable being close to others and expressing my feelings.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I worry that my partner will not love me or will leave me.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I prefer to be independent and self-sufficient.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I sometimes feel confused about my feelings towards my partner.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I tend to be critical of myself and my relationships.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I am comfortable expressing both positive and negative emotions to my partner.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I enjoy spending time with my partner, but I also need my own space.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I am sometimes jealous or suspicious of my partner's relationships with others.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I am open to intimacy and commitment in relationships.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

I sometimes feel hesitant to trust others.

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly Disagree

Scoring:

Once you have completed the quiz, follow these steps to determine your dominant attachment style:

1. Assign a score of 5 to "Strongly Agree" responses, 4 to "Agree" responses, 3 to "Neutral" responses, 2 to "Disagree" responses, and 1 to "Strongly Disagree" responses.
2. Add up your scores for each statement that relates to the following attachment styles:
 - **Secure Attachment:** Statements 1, 3, 6, 7, and 9.
 - **Anxious Attachment:** Statements 2, 4, 5, and 8.
 - **Avoidant Attachment:** Statements 7 and 10.
 - **Disorganized Attachment:** Statements 2, 4, 5, and 8.
3. The attachment style with the highest total score is your likely dominant style.