

Relationship Attachment Style Test

Name:		Relationship status:					
Age:	Gender:	Occupation:					

Statement	1 Strongly Disagree	2 Disagree	3 Somewhat Disagree	4 Neutral	5 Somewhat Agree	6 Agree	7 Strongly Agree
Secure Attachment Style						Score:	
1. I find it easy to get close to others and am comfortable depending on them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am comfortable expressing my feelings and needs in my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I believe that most people are trustworthy and have good intentions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I am confident that my partner will be there for me when I need them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel comfortable being alone, but also enjoy spending time with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxious-Preoccupied Attachment Style						Score:	
1. I worry that my partner doesn't really love me or won't stay with me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I need a lot of reassurance and affection from my partner to feel secure in the relationship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I often feel jealous or possessive of my partner.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I tend to overthink and obsess about my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I am afraid of being alone and often feel lonely, even when in a relationship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dismissive-Avoidant Attachment Style						Score:	
1. I prefer to keep my distance in my relationships and value my independence.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I am uncomfortable expressing my feelings and needs in my relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Statement	1 Strongly Disagree	2 Disagree	3 Somewhat Disagree	4 Neutral	5 Somewhat Agree	6 Agree	7 Strongly Agree
3. I tend to downplay the importance of romantic relationships in my life.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I find it difficult to trust others or depend on them for support.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I often feel that my partner is too needy or clingy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Fearful-Avoidant Attachment Style	Score:						
1. I am often torn between the desire to be close to others and the fear of getting hurt or rejected.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I have had some traumatic experiences in my past relationships that make it hard for me to trust others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I tend to push people away or sabotage my relationships when I start to feel too vulnerable or close.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I struggle with feelings of inadequacy and often worry that I am not worthy of love.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I have a hard time feeling safe or secure in my relationships, even when my partner is loving and supportive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scores and Interpretation		
Attachment Style	Score Range	Interpretation
Secure Attachment Style	24-35	Individuals with a secure attachment style tend to have positive expectations about relationships, feel comfortable with intimacy and closeness, and are able to regulate their emotions in relationships.
Anxious-Preoccupied Attachment Style	20-23	Individuals with an anxious-preoccupied attachment style tend to have a high need for closeness and intimacy, but also worry about abandonment and rejection. They may be overly dependent on their partner for validation and reassurance.
Dismissive-Avoidant Attachment Style	12-19	Individuals with a dismissive-avoidant attachment style tend to value their independence, prefer distance and self-sufficiency in relationships, and are uncomfortable expressing emotions or seeking support from others.
Fearful-Avoidant Attachment Style	5-11	Individuals with a fearful-avoidant attachment style tend to have conflicting desires for closeness and independence in relationships. They may avoid intimacy due to fear of rejection or abandonment, but also feel lonely when alone.

It is important to note that these attachment styles are not fixed and can change over time, particularly with support and therapy. Understanding a patient's attachment style can help healthcare professionals tailor their treatment and support to their specific needs.