

Adult Attachment Style Mini-Questionnaire

Instructions: As you complete this questionnaire, focus on one significant adult relationship. Ideally a (current or past) partner. This does not have to be a romantic relationship, but should be an individual with whom you feel closely connected. **Using the scale, respond in the space provided (consider how strongly you identify with each statement).** Also, highlight, circle or comment on any statements that you'd like to revisit for exploration at a later time.

SECURE

	Disagree 0	Sometimes Agree 1	Mostly Agree 2	Strongly Agree 3
1. I am relaxed around my partner most of the time.				
2. I find it easy to flow between feeling close and connected with my partner to being on my own.				
3. If my partner and I encounter a setback, it's relatively easy for me to apologize, brainstorm a win-win solution and repair any miscommunication.				
4. I am understood and feel that my needs are being met.				
5. I am comfortable discussing my problems and concerns with my partner.				
6. I attempt to discover and meet the needs of my partner whenever possible (and I am comfortable expressing my own needs too).				
7. I actively protect my partner from harm and work to maintain safety in my relationship.				
8. I look at my partner with caring and kindness, and look forward to our time together.				
9. It's easy for me to be affectionate with my partner.				
10. I can keep secrets, protect my partner's privacy and respect their boundaries.				
SECURE Section Total				

AVOIDANT

	Disagree 0	Sometimes Agree 1	Mostly Agree 2	Strongly Agree 3
1. When my partner arrives home or approaches me to connect, I feel inexplicably stressed.				
2. I find myself minimizing the importance of close relationships in my life.				
3. It is difficult for me to reach out and ask for help.				
4. I sometimes find myself judging others for not being more self-sufficient.				
5. I have a hard time remembering my childhood or discussing feelings related to the past. When I try to do so, I pull away, get confused or become detached.				
6. It is easier for me to think through issues that are important to me than it is to express how I feel.				
7. I tend to prefer relationships with animals or things instead of people.				
8. I value my partner, but need my "own space" or time spent apart.				
9. I insist on being self-reliant; I do many tasks, projects or hobbies alone.				
10. I often find eye contact uncomfortable and/or particularly difficult to maintain.				
AVOIDANT Section Total				

AMBIVALENT

	Disagree 0	Sometimes Agree 1	Mostly Agree 2	Strongly Agree 3
1. I often find myself yearning for someone who isn't available to me.				
2. I often prioritize other people's needs ahead of my own or apologize for things I haven't said or done, simply because I fear upsetting or losing the other person.				
3. I want to be close to my partner—at the same time, I also have a paralyzing fear of losing the relationship.				
4. It is difficult for me to say NO or to set realistic boundaries.				
5. I chronically second-guess myself and sometimes wish I could say or do things differently.				
6. When I give more than I get in the relationship, I often become resentful toward my partner, even to the point of holding a grudge.				
7. It is difficult for me to be alone. And when I am, I regularly feel stressed, abandoned, hurt and/or angry.				
8. I have a tendency to overlook and dismiss caring behaviors from my partner.				
9. After eagerly awaiting my partner's arrival (say after a vacation or business trip), I feel angry or upset at my partner for no reason.				
10. I often have trouble calming myself down and I rely on my partner to console or alleviate my stress or unease.				
AMBIVALENT Section Total				

DISORGANIZED

	Disagree 0	Sometimes Agree 1	Mostly Agree 2	Strongly Agree 3
1. When I reach a certain level of intimacy, I sometimes experience unexplained fear.				
2. I find myself struggling to feel safe in a relationship, even when a big part of me knows the other person is trustworthy.				
3. I startle or "jump" more easily than most people when approached unexpectedly.				
4. My partner (and other people) have noted or complained that I am too controlling.				
5. I have a deep longing to be close to others—and then inexplicably, I feel I want to get away from them.				
6. Protection often feels out of reach for me. I struggle to feel safe with my partner.				
7. When it comes to past relationships or childhood experiences, I have a difficult time remembering them or discussing feelings I experienced.				
8. I sometimes have substantial memory blocks, where I can't remember a period of time or significant events.				
9. I often experience unpredictable or sudden shifts of emotion (for example, switching from joy and happiness to fear and anger).				
10. I often expect the worst to happen in my relationship.				
DISORGANIZED Section Total				

HOW TO SCORE: In each section, add up your responses and record the total number. *The section with the highest number will most likely correspond to your attachment style for that particular relationship.* You may discover that you may not have one dominant style—or you may have a mix of styles. Note, this questionnaire is not meant to be a label or diagnostic tool. It is a good starting point—and is intended to indicate tendencies or patterns that might occur in your relationships—and should prompt further, precise personal exploration.