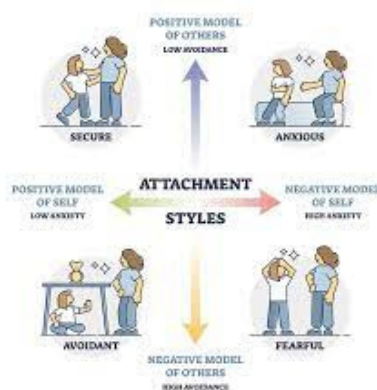


*Understanding your own attachment style, helps you mindfully pay attention to how you form connections with others.*

*Attachment is defined as a “lasting psychological connectedness between human beings” (Bowlby, 1969), and may be considered interchangeable with concepts such as “affectional bond” and “emotional bond.”*



*Attachment styles refer to the way a person relates to others. Attachment style is formed at early on in life. It can determine how we form intimate relationships or how we parent our children or form other friendships.*

Image:  
<https://www.simplypsychology.org/attachment-styles.html>

## Attachment Style Quiz

**Only mark next to the responses that are true.**

TRUE

- ☐ I often worry that my partner will stop loving me.
- ☐ I find it easy to be affectionate with my partner.
- ☐ I fear that once someone gets to know the real me, s/he won't like who I am.
- ☐ I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind.
- ☐ When I'm not involved in a relationship, I feel somewhat anxious and incomplete.
- ☐ I find it difficult to emotionally support my partner when s/he is feeling down.
- ☐ When my partner is away, I'm afraid that s/he might become interested in someone else.

A	B	C
<input type="checkbox"/>		
	<input type="checkbox"/>	
<input type="checkbox"/>		
		<input type="checkbox"/>
<input type="checkbox"/>		
		<input type="checkbox"/>
<input type="checkbox"/>		

note: Full quiz and information directly from: <http://www.counsellingme.co.uk/wp-content/uploads/2013/05/What-is-my-Attachment-Style-Questionnaire.pdf>

# Attachment Style Quiz Continued

TRUE

**Only mark next to the responses that are true.**

- I feel comfortable depending on romantic partners.
- My independence is more important to me than my relationships
- I prefer not to share my innermost feelings with my partner.
- When I show my partner how I feel, I'm afraid s/he will not feel the same about me
- I am generally satisfied with my romantic relationships
- I don't feel the need to act out much in my romantic relationships.
- I think about my relationships a lot.
- I find it difficult to depend on romantic partners.
- I tend to get very quickly attached to a romantic partner.
- I have little difficulty expressing my needs and wants to my partner
- I sometimes feel angry or annoyed with my partner without knowing why.
- I am very sensitive to my partner's moods.
- I believe most people are essentially honest and dependable.
- I prefer casual sex with uncommitted partners to intimate sex with one person.
- I'm comfortable sharing my personal thoughts and feelings with my partner.
- I worry that if my partner leaves me I might never find someone else.
- It makes me nervous when my partner gets too close.
- During a conflict, I tend to impulsively do or say things I later regret, rather than be able to reason about things.

A	B	C
	<input type="checkbox"/>	
		<input type="checkbox"/>
		<input type="checkbox"/>
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		<input type="checkbox"/>
<input type="checkbox"/>		

# Attachment Style Quiz Continued

TRUE

**Only mark next to the responses that are true.**

	A	B	C
An argument with my partner doesn't usually cause me to question our entire relationship		<input type="checkbox"/>	
My partners often want me to be more intimate than I feel comfortable being.			<input type="checkbox"/>
I worry that I'm not attractive enough.	<input type="checkbox"/>		
Sometimes people see me as boring because I create little drama in relationships.		<input type="checkbox"/>	
I miss my partner when we're apart, but then when we're together I feel the need to escape.			<input type="checkbox"/>
When I disagree with someone, I feel comfortable expressing my opinions.		<input type="checkbox"/>	
I hate feeling that other people depend on me.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, I don't let it faze me. I might feel a pang of jealousy, but it's fleeting.		<input type="checkbox"/>	
If I notice that someone I'm interested in is checking out other people, I feel relieved—it means s/he's not looking to make things exclusive.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, it makes me feel depressed.	<input type="checkbox"/>		
If someone I've been dating begins to act cold and distant, I may wonder what's happened, but I'll know it's probably not about me.		<input type="checkbox"/>	
If someone I've been dating begins to act cold and distant, I'll probably be indifferent; I might even be relieved.			<input type="checkbox"/>
If someone I've been dating begins to act cold and distant, I'll worry that I've done something wrong.	<input type="checkbox"/>		
If my partner was to break up with me, I'd try my best to show her/him what s/he is missing (a little jealousy can't hurt).	<input type="checkbox"/>		

note: Full quiz and information directly from: <http://www.counsellingme.co.uk/wp-content/uploads/2013/05/What-is-my-Attachment-Style-Questionnaire.pdf>

# Attachment Style Quiz Continued

TRUE

Only mark next to the responses that are true.

- If someone I've been dating for several months tells me s/he wants to stop seeing me, I'd feel hurt at first, but I'd get over it.
- Sometimes when I get what I want in a relationship, I'm not sure what I want anymore.
- I won't have much of a problem staying in touch with my ex (strictly platonic)—after all, we have a lot in common.

A	B	C
	<input type="checkbox"/>	
		<input type="checkbox"/>
	<input type="checkbox"/>	

Adapted from Fraley, Waller, and Brennan's (2000) ECR-R Questionnaire.

Add up all your checked boxes in column A: \_\_\_\_\_

Add up all your checked boxes in column B: \_\_\_\_\_

Add up all your checked boxes in column C: \_\_\_\_\_

Scoring Key The more statements that you check in a category, the more you will display characteristics of the corresponding attachment style.

**Category A** represents the **anxious attachment** style, **Category B** represents the **secure attachment** style, and **Category C** represents the **avoidant attachment** style.

**Anxious:** You love to be very close to your romantic partners and have the capacity for great intimacy. You often fear, however, that your partner does not wish to be as close as you would like him/her to be. Relationships tend to consume a large part of your emotional energy. You tend to be very sensitive to small fluctuations in your partner's moods and actions, and although your senses are often accurate, you take your partner's behaviors too personally. You experience a lot of negative emotions within the relationship and get easily upset. As a result, you tend to act out and say things you later regret. If the other person provides a lot of security and reassurance, however, you are able to shed much of your preoccupation and feel contented.

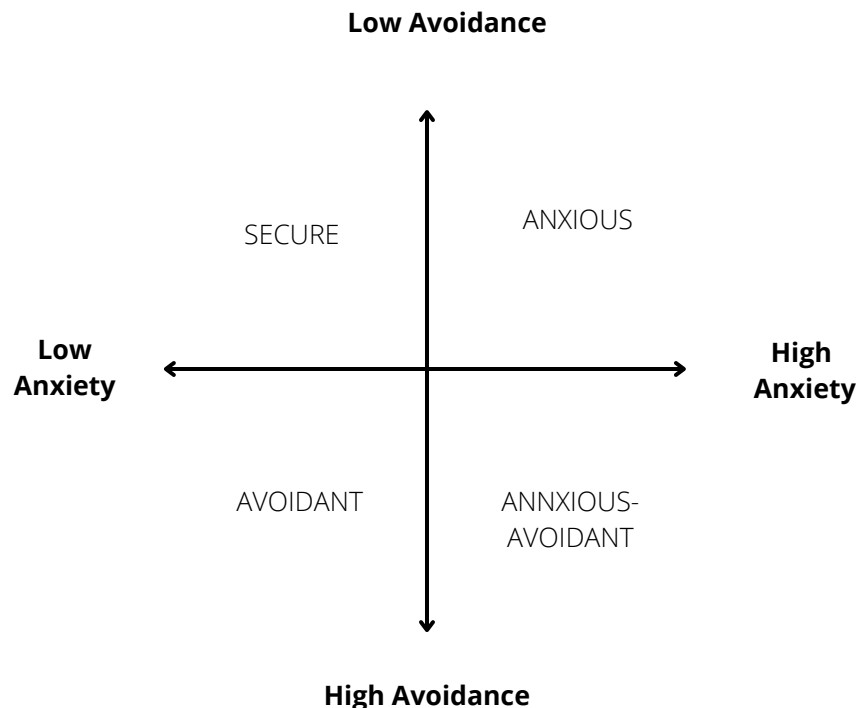
**Secure:** Being warm and loving in a relationship comes naturally to you. You enjoy being intimate without becoming overly worried about your relationships. You take things in stride when it comes to romance and don't get easily upset over relationship matters. You effectively communicate your needs and feelings to your partner and are strong at reading your partner's emotional cues and responding to them. You share your successes and problems with your mate, and are able to be there for him or her in times of need.

**Avoidant:** It is very important for you to maintain your independence and self-sufficiency and you often prefer autonomy to intimate relationships. Even though you do want to be close to others, you feel uncomfortable with too much closeness and tend to keep your partner at arm's length. You don't spend much time worrying about your romantic relationships or about being rejected. You tend not to open up to your partners and they often complain that you are emotionally distant. In relationships, you are often on high alert for any signs of control or impingement on your territory by your partner.

note: Full quiz and information directly from:  
<http://www.counsellingme.co.uk/wp-content/uploads/2013/05/What-is-my-Attachment-Style-Questionnaire.pdf>

**If you still have questions or are not sure of your attachment style--  
let one of the group leaders know and we can provide additional information.**

## The Two Attachment Dimensions



(Based on Brennan, Clark, and Shaver's Two Attachment Dimension Scale)