

Know Your Adult Attachment Style Mini-Questionnaire

Instructions: When completing this questionnaire, please focus on one significant relationship – ideally a current or past partner as the focus here is on adult relationships. This does not necessarily need to be a romantic relationship but must be the individual with whom you feel the most connection. Who is your primary “go to” person if you’re sick, in trouble, want to celebrate, call with news, etc.? This questionnaire is designed to be an interactive learning tool. Please highlight, circle, or comment on any statements that are particularly relevant to you or that you’d like to revisit for exploration at a later time. When responding, consider how strongly you identify with each statement. Using the scale below, respond in the space provided.

PLEASE UNDERSTAND THAT THIS IS NOT MEANT TO BE A DIAGNOSTIC TOOL, but it’s a good starting point to begin your personal exploration into your attachment styles.

Please circle the number that best represents your answer to the following statements below.

Disagree	Sometimes Agree	Mostly Agree	Strongly Agree
0	1	2	3

1	I feel relaxed with my partner most of the time.	0	1	2	3
2	I am always yearning for something or someone that I feel I cannot have and rarely feeling satisfied.	0	1	2	3
3	When my partner arrives home or approaches me, I feel inexplicably stressed – especially when he or she wants to connect.	0	1	2	3
4	When I reach a certain level of intimacy with my partner, I sometimes experience inexplicable fear.	0	1	2	3
5	I find it easy to flow between being close and connected with my partner to being on my own.	0	1	2	3
6	Sometimes, I over-function, over-adapt, over-accommodate others, or over-apologize for things I didn’t do, in an attempt to stabilize connection.	0	1	2	3
7	I find myself minimizing the importance of close relationships in my life	0	1	2	3
8	When presented with problems, I often feel stumped and feel they are irresolvable.	0	1	2	3
9	If my partner and I hit a glitch, it is relatively easy for me to apologize, brainstorm a win-win solution, or repair the misattunement or disharmony.	0	1	2	3

10	Over-focusing on others, I tend to lose myself in relationships.	0	1	2	3
11	I insist on self-reliance; I have difficulty reaching out when I need help, and I do many of life's tasks or my hobbies, alone.	0	1	2	3
12	I have an exaggerated startle response when others approach me unexpectedly.	0	1	2	3
13	People are essentially good at heart.	0	1	2	3
14	It is difficult for me to say NO or to set realistic boundaries.	0	1	2	3
15	I sometimes feel superior in not needing others and wish others were more self-sufficient.	0	1	2	3
16	My partner often comments or complains that I am controlling.	0	1	2	3
17	It is a priority to keep agreements with my partner.	0	1	2	3
18	I chronically second-guess myself and sometimes wish I had said something differently.	0	1	2	3
19	I feel like my partner is always there but would often prefer to have my own space unless I invite the connection.	0	1	2	3
20	I often expect the worst to happen in my relationship.	0	1	2	3

21	I attempt to discover and meet the needs of my partner whenever possible and I feel comfortable expressing my own needs.	0	1	2	3
22	When I give more than I get, I often resent this and harbor a grudge. It is often difficult to receive love from my partner when they express it.	0	1	2	3
23	Sometimes I prefer casual sex instead of a committed relationship.	0	1	2	3
24	Protection often feels out of reach. I struggle to feel safe with my partner	0	1	2	3
25	I actively protect my partner from others and from harm and attempt to maintain safety in our relationship.	0	1	2	3
26	It is difficult for me to be alone. If alone, I feel stressed, abandoned, hurt, and/or angry.	0	1	2	3

27	I usually prefer relationships with things or animals instead of people.	0	1	2	3
28	I have a hard time remembering and discussing the feelings related to my past attachment situations. I disconnect, dissociate, or get confused.	0	1	2	3
29	I look at my partner with kindness and caring and look forward to our time together.	0	1	2	3
30	At the same time as I feel a deep wish to be close with my partner, I also have a paralyzing fear of losing the relationship.	0	1	2	3
31	I often find eye contact uncomfortable and particularly difficult to maintain.	0	1	2	3
32	Stuck in approach-avoidance patterns with my partner, I want closeness but am also afraid of the one I desire to be close with.	0	1	2	3
33	I am comfortable being affectionate with my partner.	0	1	2	3
34	I want to be close with my partner but feel angry at my partner at the same time. After anxiously awaiting my partner's arrival, I end up picking fights.	0	1	2	3
35	It is easier for me to think things through than to express myself emotionally.	0	1	2	3
36	My instinctive, active self-protective responses are often unavailable when possible danger is present – leaving me feeling immobilized, disconnected, or “gone”.	0	1	2	3
37	I can keep secrets, protect my partner's privacy, and respect boundaries.	0	1	2	3
38	I often tend to “merge” or lose myself in my partner and feel what they feel, or want what they want.	0	1	2	3
39	When I lose a relationship, at first I might experience separation elation and then become depressed.	0	1	2	3
40	Because I am easily confused or disoriented, especially when stressed, it is important for my partner to keep arrangements simple and clear.	0	1	2	3