

# My Attachment Style

## Getting to Know Your Attachment Style

This questionnaire asks you to think about your general attitudes toward yourself, others, and relationships. Please rate yourself on each of these statements according to the following scale: 1 = strongly disagree, 7 = strongly agree.

	Disagree				Agree		
	1	2	3	4	5	6	7
1. I fit in well with other people	1	2	3	4	5	6	7
2. I worry that people don't like me as much as I like them.	1	2	3	4	5	6	7
3. I would like to trust others, but I worry that if I open up too much people might reject me.	1	2	3	4	5	6	7
4. Sometimes others seem reluctant to get as close to me as I would like.	1	2	3	4	5	6	7
5. I worry a lot about the well-being of my relationships.	1	2	3	4	5	6	7
6. I feel smothered when a relationship takes too much time away from my personal pursuits.	1	2	3	4	5	6	7
7. I worry about getting hurt if I allow myself to get too close to someone.	1	2	3	4	5	6	7
8. I would like to have closer relationships but getting close makes me feel vulnerable.	1	2	3	4	5	6	7
9. I tend not to take risks in relationships for fear of getting hurt or rejected.	1	2	3	4	5	6	7
10. I rarely worry that I don't "measure up" to other people.	1	2	3	4	5	6	7
11. Achieving personal goals is more important to me than maintaining good relationships.	1	2	3	4	5	6	7
12. I avoid getting too close to others so that I won't get hurt.	1	2	3	4	5	6	7
13. I am confident that other people will like me.	1	2	3	4	5	6	7
14. I worry that others do not care about me as much as I care about them.	1	2	3	4	5	6	7
15. I wonder how I would cope without someone to love me.	1	2	3	4	5	6	7
16. I rarely worry that others might reject me.	1	2	3	4	5	6	7
17. Being independent is more important to me than having a good relationship.	1	2	3	4	5	6	7
18. I am confident that others will accept me.	1	2	3	4	5	6	7
19. I find it relatively easy to get close to people.	1	2	3	4	5	6	7
20. Pleasing myself is much more important to me than getting along with others.	1	2	3	4	5	6	7
21. I need relational partners to give me space to do "my own thing."	1	2	3	4	5	6	7
22. I sometimes worry that my relational partners will leave me.	1	2	3	4	5	6	7
23. It is easy for me to get along with others.	1	2	3	4	5	6	7
24. I frequently pull away from relational partners when I need time to pursue my personal goals.	1	2	3	4	5	6	7
25. I need to be in a close relationship to be happy.	1	2	3	4	5	6	7

Add up the following items and then divide by the number shown to get your score on each attachment style.

*Security:* Items 1+10+13+16+18+19+23 / 7 = *Preoccupation:* Items 2+4+5+14+15+22+25 / 7 =

*Dismissiveness:* Items 6+11+17+20+21+24 / 6 = *Fearful:* Items 3+7+8+9+12 / 5 =

Higher scores mean that you possess more of a particular attachment style. The highest possible score for a given style is 7; the lowest possible score is 1.

SOURCE: Adapted from Guerrero et al. (2009)