

Attachment Style Questionnaire

~ Based on the work of Rachel Heller & Amir Levine

Check the small box next to each statement that is TRUE for you. (If the answer is untrue, *don't* mark the item at all.)

	TRUE		
	A	B	C
I often worry that my partner will stop loving me	<input type="checkbox"/>		
I find it easy to be affectionate with my partner			<input type="checkbox"/>
I fear that once someone gets to know the real me, he or she won't like who I am	<input type="checkbox"/>		
I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind			<input type="checkbox"/>
When I'm not involved in a relationship I feel somewhat anxious and incomplete	<input type="checkbox"/>		
I find it difficult to emotionally support my partner when he or she is feeling down			<input type="checkbox"/>
When my partner is away, I'm afraid that he or she might become interested in someone else	<input type="checkbox"/>		
I feel comfortable depending on romantic partners		<input type="checkbox"/>	
My independence is more important to me than romantic relationships			<input type="checkbox"/>
I prefer not to share my innermost feelings with my partner			<input type="checkbox"/>
When I show my partner how I feel, I'm afraid he or she will not feel the same about me	<input type="checkbox"/>		
I am generally satisfied with my romantic relationships		<input type="checkbox"/>	
I don't feel the need to act out much in my romantic relationships		<input type="checkbox"/>	
I think about relationships a lot	<input type="checkbox"/>		
I find it difficult to depend on romantic partners			<input type="checkbox"/>

I tend to get very quickly attached to a romantic partner	<input type="checkbox"/>		
			TRUE
	A	B	C
I have little difficulty expressing my wants and needs to a partner		<input type="checkbox"/>	
I sometimes feel angry or annoyed with my partner without knowing why			<input type="checkbox"/>
I am very sensitive to my partner's moods	<input type="checkbox"/>		
I believe most people are essentially honest and dependable		<input type="checkbox"/>	
I prefer casual sex with uncommitted partners to intimate sex with one person			<input type="checkbox"/>
I'm comfortable sharing my personal thoughts and feelings with my partner		<input type="checkbox"/>	
I worry that if my partner leaves me I may never find someone else	<input type="checkbox"/>		
It makes me nervous when my partner gets too close			<input type="checkbox"/>
During a conflict I compulsively do or say things I later regret rather than being able to reason about things	<input type="checkbox"/>		
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'm comfortable with 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 are apart but when we are 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 phase me. I might feel a pang of jealousy but it's fleeting		<input type="checkbox"/>	
			TRUE
	A	B	C
If I notice that someone I'm interested in is checking out other people I feel relieved that they are 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'm dating starts to act cold and distant I may wonder what's happened but probably know it's not about me		<input type="checkbox"/>	
If someone I'm dating starts to act cold and distant I'll probably be indifferent and may even be relieved			<input type="checkbox"/>
If someone I've been dating starts to act cold and distant I'll worry that I've done something wrong	<input type="checkbox"/>		
If my partner wants to break up with me I'd try my best to show him or her what he or she is missing. A little jealousy can't hurt	<input type="checkbox"/>		
If someone I've been dating for several months tells me he or she wants to stop seeing me I think it will hurt at first but I'll get over it		<input type="checkbox"/>	
Sometimes when I get what I want in a relationship I'm not sure what I want anymore			<input type="checkbox"/>
I won't have much of a problem staying in touch with my ex partner if it's strictly platonic, after all we have a lot in common		<input type="checkbox"/>	

Total Number of A's _____

Total Number of B's _____

Total Number of C's _____