

# What's Your Attachment Style?

(ECR-R, Fraley, Waller & Brennan, 2010)

**Check Circle If True**

	<b>A</b>	<b>B</b>	<b>C</b>
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, s/he won't like who I am.	<input type="checkbox"/>		
I find that I bounce back quickly after a break-up. It's weird how I can just put someone out of my head.			<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 s/he is feeling down.			<input type="checkbox"/>
When my partner is away, I'm afraid that s/he 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 my 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 s/he will not feel the same about me.	<input type="checkbox"/>		
I am generally satisfied with romantic relationships.		<input type="checkbox"/>	
I don't need to act out in my close relationships.		<input type="checkbox"/>	
I think about my relationships a lot.	<input type="checkbox"/>		
I find it difficult to depend on romantic partners.			<input type="checkbox"/>

**Check Circle If True**

	<b>A</b>	<b>B</b>	<b>C</b>
I tend to get quickly attached to a romantic partner.	<input type="checkbox"/>		
I have little difficulty expressing my needs and wants to my 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 might never find someone else.	<input type="checkbox"/>		
It makes me nervous when my partner gets too close.			<input type="checkbox"/>
During a conflict, I tend to impulsively do or say things I later regret, rather than be 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 feel comfortable being.			<input type="checkbox"/>
I worry that I am 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"/>

**Check Circle If True**

**A**                      **B**                      **C**

When I disagree with someone, I feel comfortable expressing my opinions.

I hate feeling that other people depend on me.

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.

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.

If I notice that someone I am interested in is checking out other people, it makes me feel depressed.

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.

If someone I've been dating begins to act cold and distant, I'll probably be indifferent; I might even be relieved.

If someone I've been dating begins to act cold and distant, I'll worry that I have done something wrong.

If my partner was to break up with me, I'd try my Best to show her/him what s/he is missing.

If someone I have been dating for several months tells me s/he want 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)--we do have a lot in common.

**Scoring Key:** Add up all checked circles in columns A, B and C.

**Total for A** \_\_\_\_\_      **Total for B** \_\_\_\_\_      **Total for C** \_\_\_\_\_

### **Interpretation of Score:**

Highest number reveals your primary attachment style:

**A: Anxious**      **B: Secure**      **C: Avoidant.**

### **Anxious Attachment Style**

You love to be very close to your partners and have the capacity for great intimacy. But you often fear that your partner does not wish to be as close as you would like. You tend to be sensitive to small fluctuations in your partner's moods and actions and are inclined to take them personally. You experience a lot of negative emotions within the relationship and get easily upset. As result, you tend to act out and say things that 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 Attachment Style**

Being warm and loving in a relationship comes naturally to you. 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 Attachment Style**

It is very important for you to maintain your independence and self-sufficiency. 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 tend to not 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 or freedoms.

