

What's Your Attachment Style?

A self-assessment to help you understand your patterns in relationships — and where they come from.

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Before you begin

Attachment styles are not boxes — they're tendencies. Most people have a primary style with elements of others. And crucially: they're not permanent. Understanding your patterns is the first step toward changing them.

Answer each question as honestly as you can. Think about your patterns across relationships — not just one person. There are no wrong answers.

For each statement, rate yourself 0–3: 0 = Not like me 1 = Somewhat like me 2 = Often like me 3 = Very much like me

SECTION A

- I worry that people I care about don't love me as much as I love them.
- I need a lot of reassurance in relationships to feel secure.
- When someone I care about is slow to respond, I assume something is wrong between us.
- I tend to give a lot in relationships — sometimes more than the other person.
- Fear of abandonment shapes how I show up with people I love.
- I find it hard to feel settled when there's any distance or conflict in a close relationship.
- I monitor other people's moods and emotional states closely.

Section A Total: _____ / 21

SECTION B

- I prefer to handle difficult emotions on my own rather than leaning on others.
- I value independence highly and can feel suffocated when someone needs a lot of closeness.

- I tend to shut down or withdraw during conflict.
- Expressing vulnerability or emotional needs feels uncomfortable to me.
- I find myself pulling back when relationships start to feel too serious or close.
- I can connect with people but tend to keep them at a comfortable distance.
- I sometimes feel that needing others is a sign of weakness.

Section B Total: _____ / 21

SECTION C

- I both deeply want closeness and feel frightened by it at the same time.
- My relationships tend to be intense — full of passion but also conflict.
- I sometimes push people away and then desperately want them back.
- I find it difficult to trust people, even those who have shown they care about me.
- My sense of self in relationships can feel unstable or unclear.
- I've been told my relationship patterns are confusing or unpredictable.

Section C Total: _____ / 18

SECTION D

- I generally feel comfortable with closeness and don't worry much about relationships.
- I can ask for help without excessive anxiety.
- When conflict arises, I can usually work through it without feeling like the relationship is over.
- I feel worthy of love without needing to earn or prove it.
- I can be close with people while also maintaining a sense of myself.
- I trust that people who care about me will generally be available and responsive.

Section D Total: _____ / 18

Understanding Your Results

Your highest section indicates your primary attachment tendency. Many people score across multiple sections — that's normal and expected.

Highest score in Section A — Anxious Attachment

You tend to crave closeness but worry about whether you're loved in return. Your nervous system learned early that love is unpredictable, so it monitors constantly for signs of withdrawal or rejection. This shows up as a deep capacity for connection alongside significant fear of losing it. The work: building an internal sense of security that doesn't depend entirely on others' behavior.

Highest score in Section B — Avoidant Attachment

You tend to value independence and feel uncomfortable with emotional intimacy. Your nervous system learned that needing others leads to disappointment, so it adapted by suppressing those needs. This shows up as self-sufficiency alongside an underlying loneliness. The work: slowly building tolerance for closeness and learning that depending on someone can be safe.

Highest score in Section C — Disorganized Attachment

You tend to want closeness and fear it simultaneously. This typically develops when early caregiving was both comforting and frightening — creating a nervous system that has never found a reliable strategy for getting needs met. This shows up as push-pull dynamics and relationship intensity. The work: building safety and stability from the inside out, usually with significant therapeutic support.

Highest score in Section D — Secure Attachment

You tend to feel generally comfortable with intimacy and interdependence. You likely had early experiences of consistent, attuned caregiving — or have done significant work to develop earned security. This doesn't mean relationships are always easy, but you have a stable enough foundation to navigate difficulty without it threatening your sense of self or the relationship.

What to do with this

Understanding your attachment style is the beginning, not the end. These patterns were adaptive once — they developed for good reasons. And they can change.

If you recognized yourself strongly in Section A, B, or C — and if these patterns are showing up in ways that are affecting your relationships or your wellbeing — therapy can help you work with these patterns at the level where they actually live: the nervous system, not just the mind.

Book a free 15-minute consultation at zivvosberg.clientsecure.me

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