

WHAT'S YOUR ATTACHMENT STYLE?



USE THIS FREE QUIZ TO GET A CLEARER IDEA OF WHICH ATTACHMENT STYLE MAY BE INFLUENCING HOW YOU SHOW UP IN RELATIONSHIPS. IT'S NOT A DIAGNOSIS OR A BOX TO LIVE IN, JUST A STARTING POINT TO HELP YOU REFLECT ON PATTERNS AND START THE PROCESS OF DEEPER EXPLORATION.

PLEASE NOTE: WE'RE NOT MENTAL HEALTH PROFESSIONALS, AND THIS IS NOT A DIAGNOSTIC TOOL. IT'S SIMPLY A GENTLE GUIDE TO BUILD SELF-AWARENESS.

INSTRUCTIONS:

FOR EACH STATEMENT BELOW, MARK HOW TRUE IT FEELS FOR YOU USING THE SCALE:

1 = NOT TRUE AT ALL

2 = SLIGHTLY TRUE

3 = MODERATELY TRUE

4 = MOSTLY TRUE

5 = VERY TRUE

TRY NOT TO OVERTHINK IT. TRUST YOUR GUT AND ANSWER HONESTLY. WRITE YOUR SCORE BESIDE EACH STATEMENT. THEN WE'LL TALLY YOUR TOTALS PER STYLE.

THE QUIZ:

EMOTIONAL CLOSENESS & INTIMACY

- 1) I feel safe being emotionally close to others. _____
- 2) I often fear being abandoned or left behind. _____
- 3) I'm comfortable engaging in deep emotional conversations _____
- 4) I crave closeness but often worry I'm too much. _____
- 5) I can enjoy time apart without doubting the relationship _____
- 6) I enjoy my independence and need a lot of space. _____
- 7) I find it easy to be vulnerable in a relationship. _____

CONFLICT & STRESS

- 8) When there's tension, I try to resolve it as soon as possible. _____
- 9) I sometimes shut down or withdraw during conflict. _____
- 10) I feel panicked when I sense disconnection. _____
- 11) I often prefer to work things out on my own, in my own time. _____
- 12) I need reassurance during conflict to feel safe. _____
- 13) I tend to avoid conflict altogether. _____
- 14) I overthink things my partner says or does, especially when I feel insecure. _____

COMMUNICATION & CONNECTION PATTERNS

- 15) I find myself constantly checking in with people I care about. _____
- 16) I feel awkward expressing my needs directly. _____
- 17) I often think people are better off without me. _____
- 18) I trust others easily and expect they'll show up when needed. _____
- 19) I rely mostly on myself - it's hard to ask for help. _____
- 20) I find it easy to name my emotional needs in a calm way. _____
- 21) I sometimes avoid deep conversations to protect myself. _____

SCORING

NOW, ADD YOUR SCORES FROM THE BELOW QUESTIONS:

- **SECURE ATTACHMENT: 1), 3), 5), 7), 8), 18), 20) =** _____
- **ANXIOUS ATTACHMENT: 2), 4), 10), 12), 14), 15), 17) =** _____
- **AVOIDANT ATTACHMENT: 6), 9), 11), 13), 16), 19), 21) =** _____

Add up each set of numbers. Your scores can give you a general indication of which attachment style(s) may be most prominent for you:

- Higher scores in one category suggest a stronger presence of that attachment pattern.
- Even scores across categories may suggest a blended or shifting style (e.g. anxious-avoidant or earned secure).
- No high scores may indicate uncertainty or a need for deeper self-reflection and that's okay!

Remember: you are not a number or a label. Attachment exists on a spectrum and can change with awareness and intention.

WAYS YOU MIGHT* INTERPRET YOUR SCORE:

Secure Attachment

High secure score, low others
You feel safe with closeness, express needs clearly, and bounce back from conflict well.

Anxious-Avoidant

High anxious + high avoidant scores
You swing between needing closeness and pulling away - connection feels confusing.

Anxious Attachment

High anxious score, low avoidant
You crave connection but often fear rejection or need reassurance to feel safe.

Disorganised / Fearful-Avoidant

High anxious + high avoidant + low secure scores
You may want connection but feel unsafe in it - trust and emotional stability are hard-won.

Avoidant Attachment

High avoidant score, low anxious score
You value space, may withdraw emotionally, and struggle to open up or ask for help.

Earned Secure / Blended

Mid-high secure + some anxious/avoidant scores
You've likely done inner work. Patterns still show up, but you handle them with more awareness.

**Remember: We're not mental health professionals, and this is not a diagnostic tool. It's simply a gentle guide to build self-awareness.*

WHAT NEXT?

NOW THAT YOU HAVE SOME INSIGHT:

REFLECT ON HOW YOUR RESULTS PLAY OUT IN YOUR DAILY LIFE, CONSIDER WHERE THESE PATTERNS MIGHT HAVE COME FROM EXPLORE HOW THEY AFFECT YOUR CURRENT (OR FUTURE) RELATIONSHIPS

YOU'RE NOT BROKEN.

YOU'RE HUMAN. AND YOU'RE ALLOWED TO GROW.

WANT SUPPORT NAVIGATING THIS

Check out our Attachment Style Conversation Starter on the Freebies page for practical tools, and conversation starters to help you and your partner grow in this area.