



## Attachment Style Quiz (Short Version)

For each question, choose the option that best describes you in the present. If more than one applies, select the one that describes you most of the time.

### Childhood

1. What usually happened when your primary caregiver left you alone with others?
  - a. I missed them but gradually warmed up to others.
  - b. I occupied myself and didn't rely on others much.
  - c. I felt very sad and scared without them.
  - d. I was extremely upset and even inconsolable, staying mad at them after they returned.
2. How did your caregiver react when you expressed negative emotions?
  - a. They comforted me and let me express my feelings.
  - b. They told me to stop being upset or too sensitive.
  - c. They seemed anxious or overwhelmed by my emotions.
  - d. Their reaction made me feel unsafe, or I feared losing their support.

### Relationships – Family & Friends

3. What is your relationship like with your family now?
  - a. We generally get along well.
  - b. I'm independent and don't feel particularly close to my family.
  - c. I seek their approval and sometimes feel unsure of where I stand with them.
  - d. I have a lot of anger and resentment toward some family members but still want their love.
4. How are you at making new friends?
  - a. I make friends easily and enjoy socializing.
  - b. I am independent and don't need a lot of friends.
  - c. I want to make friends but worry about whether they really like me.
  - d. I struggle with maintaining friendships, sometimes pushing people away.

### Relationships – Romantic

5. How do you feel and behave in romantic relationships?
  - a. I feel comfortable depending on my partner for emotional support.
  - b. I keep some emotional distance and prioritize my independence.
  - c. I often feel anxious and need reassurance that my partner cares about me.
  - d. I go back and forth between wanting closeness and pushing my partner away.
  
6. How do you handle breakups?
  - a. After a period of mourning, I can move on.
  - b. I walk away easily and am not in a rush to date again.
  - c. I struggle deeply and fear being alone.
  - d. I act out impulsively or engage in self-destructive behaviors.

### **Self-Concept & Emotional Well-Being**

7. How do you feel about yourself in general?
  - a. I generally feel okay or good about myself.
  - b. I feel best when I'm achieving my goals.
  - c. My self-esteem depends on how others treat me.
  - d. I sometimes despise myself or feel empty.
  
8. How are you at managing your emotions?
  - a. I have ups and downs but recover well from negative thoughts.
  - b. I try to avoid thinking about negative emotions.
  - c. I struggle with self-doubt and negative self-talk.
  - d. My emotions feel overwhelming and unmanageable at times.

### **Work & Goals**

9. How do you approach new jobs or promotions?
  - a. I feel good about my accomplishments and work hard.
  - b. I throw myself into work, sometimes at the expense of relationships.
  - c. I fear I don't deserve my position and may be exposed as incompetent.
  - d. I struggle with direction and motivation in my career.

### **Interpersonal Needs & Conflict Resolution**

10. How do you communicate your wants and needs?
  - a. I assertively express my needs and opinions.
  - b. I can be forceful and get frustrated if I feel unheard.
  - c. I avoid expressing my needs to avoid being seen as needy.
  - d. I often don't know what I want or need.
  
11. How do you handle conflict with important people in your life?
  - a. I don't love conflict but can manage it.
  - b. I compartmentalize conflict and move on quickly.

- c. I get very anxious and need resolution immediately.
- d. I sometimes end relationships instead of working through conflict.

12. How do you feel about being alone?

- a. I enjoy alone time but also like being with people I care about.
- b. I highly value my independence and prefer doing things on my own.
- c. Being alone makes me anxious, and I try to avoid it.
- d. I distract myself from being alone with unhealthy coping behaviors.

### Scoring Your Quiz

Tally up how many times you answered **A, B, C, or D**. The letter you chose most often is your primary attachment style. If your answers are mixed, review responses by category to see where different attachment patterns emerge.

- **Mostly A's: Secure – Connected Explorer**
  - You have a positive view of yourself and others. You form healthy relationships and balance independence with connection.
- **Mostly B's: Avoidant – Fiercely Independent**
  - You prioritize self-reliance and accomplishments over emotional intimacy. You may struggle with depending on others.
- **Mostly C's: Anxious – Worried Warrior**
  - You crave closeness and reassurance, sometimes fearing abandonment. Your self-esteem is tied to how others treat you.
- **Mostly D's: Disorganized – Surveillance Specialist**
  - You experience mixed emotions about relationships, sometimes pushing people away and other times clinging too tightly.