**Attachment Assessment**

***0 Rarely True 1 Sometimes True 2 Often True***

1. I can lose the sense of who I am in the relationship \_\_\_\_\_\_
2. I have a tendency to neglect myself in the relationship \_\_\_\_\_\_
3. I make compromises that I later feel resentful about \_\_\_\_\_\_
4. It counts only when my partner does something for me

because they want to, not when I had to ask for it \_\_\_\_\_\_

1. When I ask for something from my partner and I get it,

I can still feel unsatisfied \_\_\_\_\_\_

1. I feel misunderstood by my partner \_\_\_\_\_\_
2. When my partner falls through on a promise, I can take

it very personally \_\_\_\_\_\_

1. I find it upsetting when my partner perceives something

I do as unloving even though I mean really well \_\_\_\_\_\_

1. I worry about whether my partner and I are fundamentally

 too different \_\_\_\_\_\_

1. I struggle for a long time before I will ask for help \_\_\_\_\_\_
2. When I imagine my parents, it’s difficult to picture either of

them looking back at me in an adoring and proud way \_\_\_\_\_\_

1. It really gets under my skin when something feels unfair in

the relationship \_\_\_\_\_\_

**TOTAL** Add up the numbers for your total **insecurity** score: \_\_\_\_\_\_

**Attachment Assessment**

***0 Rarely True 1 Sometimes True 2 Often True***

1. It’s easy to balance separateness and togetherness in

the relationship \_\_\_\_\_\_

1. My partner can change and grow as needed, and it’s

not a threat \_\_\_\_\_\_

1. It’s easy for me to make commitments to my partner and

honor those commitments \_\_\_\_\_\_

1. I need my partner as much as they need me \_\_\_\_\_\_
2. If something is not working out with my partner, I can be

patient and wait for the right solution to present itself \_\_\_\_\_\_

1. We can have conflict even though neither of us is at fault \_\_\_\_\_\_
2. I tell my partner everything. If there’s something I haven’t

mentioned, it’s because I’m absolutely certain it wouldn’t

bother them. \_\_\_\_\_\_

1. When my partner and I disagree, I commit to finding a win-win

solution \_\_\_\_\_\_

1. Spending time apart from my partner is just as easy as being

together \_\_\_\_\_\_

1. I can just ask my partner for what I want, and it usually works

out one way or another \_\_\_\_\_\_

1. When my partner and I fight, I take the lead to help us both

feel okay again \_\_\_\_\_\_

1. When past relationships have ended, it was a mutual and

well-considered decision \_\_\_\_\_\_

**TOTAL** Add up the numbers for your total **security** score: \_\_\_\_\_\_

**Expressing Insecurity**

**It’s harder for me to be patient when…**

|  |
| --- |
|  |

People aren’t understanding me

|  |
| --- |
|  |

I feel stuck doing something I don’t enjoy

**When beginning a new relationship that could be significant, it’s a deal breaker if the person…**

|  |
| --- |
|  |

Doesn’t make an effort

|  |
| --- |
|  |

Comes on too strong

**Conflict is…**

|  |
| --- |
|  |

An opportunity to get something off my chest

|  |
| --- |
|  |

Usually unproductive

**When I get upset at my partner, I…**

|  |
| --- |
|  |

Have to express myself to them

|  |
| --- |
|  |

Prefer to figure it out on my own

**In the relationship, I’m at my worst when I feel…**

|  |
| --- |
|  |

Abandoned or rejected

|  |
| --- |
|  |

Pressured or intruded upon

**In the relationship, I want to feel…**

|  |
| --- |
|  |

As connected to my partner as possible

|  |
| --- |
|  |

At ease

**When I’m overwhelmed, I feel better when I…**

|  |
| --- |
|  |

Vent to someone

|  |
| --- |
|  |

Find distraction in something else (exercise, substances, work, etc.)

**There are certain things I don’t tell my partner, because…**

|  |
| --- |
|  |

They could get upset and reject me

|  |
| --- |
|  |

It’s my business-they don’t need to know

**My partner is more likely to complain that I…**

|  |
| --- |
|  |

Criticize and find fault with them

|  |
| --- |
|  |

Am not as engaged as they want me to be

**When we spend time apart, I…**

|  |
| --- |
|  |

Feel sad or lonely

|  |
| --- |
|  |

Feel relieved to have time to myself

**When I feel hurt by my partner, I recover…**

|  |
| --- |
|  |

When I get what I need from them

|  |
| --- |
|  |

Pretty quickly on my own

**It would upset me more if my partner told their friends…**

|  |
| --- |
|  |

Nothing about me

|  |
| --- |
|  |

Something embarrassing about me

Number of check marks on top Number of check marks on bottom

\_\_\_\_\_ Anxious Style \_\_\_\_\_Avoidant Style

**Understanding Your**

**Insecurity Score**

***14-24: High***. You struggle with intimate relationships to the point of instability. When something stressful happens, you are quick to assume that your partner is against you, and you typically react to that assumption in self-fulfilling ways.

***7-13: Moderate***. Close relationships can be stressful for you. The more you depend on someone the more confusing and stressful things can get. A fear of abandonment or feeling trapped can feel real at times, even when your partner gives you reasonable assurances.

***0-6: Low.*** You’re comfortable being alone, but you do your best when you have the love and support of a relationship.

**Understanding Your Security Score**

***18-24: High***. Your relationships are a resource for you, and that’s partly because you do your best to ensure that you and your partner are taking care of each other. You usually take the high road when people aren’t acting their best. No matter how stresstful things get, you just try not to go there, A high security score paired with a low insecurity score indicates a secure style of attachment, which will be covered in chapter 4.

***9-17: Moderate***. Relationships are important to you, and you try your best to show up as your best self. You may even know exactly how to handle a difficult relationship, but when things get stressful, all that goes out the window. You know you can do better and that the relationships in your life are worth the effort.

***0-8: Low.*** You’ve had difficulty building relationships that are stable and secure. The good news is that with information and practice, you can improve your ability to cultivate healthy, more satisfying relationships.