

Somatic Attachment Trainings and DARE Workshops · Know Your Adult Attachment Style Mini-Questionnaire

Instructions: When completing this questionnaire, please focus on one significant relationship – ideally a current or past partner as the focus here is on adult relationships. This does not necessarily need to be a romantic relationship but *must* be the individual with whom you feel the most connection. Who is your primary “go to” person if you’re sick, in trouble, want to celebrate, call with news, etc.? This questionnaire is designed to be an interactive learning tool. Please highlight, circle, or comment on any statements that are particularly relevant to you or that you’d like to revisit for exploration at a later time. When responding, consider how strongly you identify with each statement. Using the scale below, respond in the space provided.

PLEASE UNDERSTAND THAT THIS IS NOT MEANT TO BE A DIAGNOSTIC TOOL, but it’s a good starting point to begin your personal exploration into your attachment styles.

		Disagree	Sometimes Agree	Mostly Agree	Strongly Agree
Secure		0	1	2	3

		Disagree	Sometimes Agree	Mostly Agree	Strongly Agree
Anxious / Ambivalent		0	1	2	3

1.	I feel relaxed with my partner most of the time.				
2.	I find it easy to flow between being close and connected with my partner to being on my own.				
3.	If my partner and I hit a glitch, it is relatively easy for me to apologize, brainstorm a win-win solution, or repair the misattunement or disharmony.				
4.	People are essentially good at heart.				
5.	It is a priority to keep agreements with my partner.				
6.	I attempt to discover and meet the needs of my partner whenever possible and I feel comfortable expressing my own needs.				
7.	I actively protect my partner from others and from harm and attempt to maintain safety in our relationship.				
8.	I look at my partner with kindness and caring and look forward to our time together.				
9.	I am comfortable being affectionate with my partner.				
10.	I can keep secrets, protect my partner’s privacy, and respect boundaries.				
Section Total					

1.	I am always yearning for something or someone that I feel I cannot have and rarely feeling satisfied.				
2.	Sometimes, I over-function, over-adapt, over-accommodate others, or over-apologize for things I didn’t do, in an attempt to stabilize connection.				
3.	Over-focusing on others, I tend to lose myself in relationships.				
4.	It is difficult for me to say NO or to set realistic boundaries.				
5.	I chronically second-guess myself and sometimes wish I had said something differently.				
6.	When I give more than I get, I often resent this and harbor a grudge. It is often difficult to receive love from my partner when they express it.				
7.	It is difficult for me to be alone. If alone, I feel stressed, abandoned, hurt, and/or angry.				
8.	At the same time as I feel a deep wish to be close with my partner, I also have a paralyzing fear of losing the relationship.				
9.	I want to be close with my partner but feel angry at my partner at the same time. After anxiously awaiting my partner’s arrival, I end up picking fights.				
10.	I often tend to “merge” or lose myself in my partner and feel what they feel, or want what they want.				
Section Total					

		Disagree	Sometimes Agree	Mostly Agree	Strongly Agree
Avoidant / Dismissive		0	1	2	3

		Disagree	Sometimes Agree	Mostly Agree	Strongly Agree
Disorganized / Disoriented		0	1	2	3

1.	When my partner arrives home or approaches me, I feel inexplicably stressed – especially when he or she wants to connect.				
2.	I find myself minimizing the importance of close relationships in my life.				
3.	I insist on self-reliance; I have difficulty reaching out when I need help, and I do many of life’s tasks or my hobbies, alone.				
4.	I sometimes feel superior in not needing others and wish others were more self-sufficient.				
5.	I feel like my partner is always there but would often prefer to have my own space unless / invite the connection.				
6.	Sometimes I prefer casual sex instead of a committed relationship.				
7.	I usually prefer relationships with things or animals instead of people.				
8.	I often find eye contact uncomfortable and particularly difficult to maintain.				
9.	It is easier for me to think things through than to express myself emotionally.				
10.	When I lose a relationship, at first I might experience separation elation and then become depressed.				
Section Total					

1.	When I reach a certain level of intimacy with my partner, I sometimes experience inexplicable fear.				
2.	When presented with problems, I often feel stumped and feel they are irresolvable.				
3.	I have an exaggerated startle response when others approach me unexpectedly.				
4.	My partner often comments or complains that I am controlling.				
5.	I often expect the worst to happen in my relationship.				
6.	Protection often feels out of reach. I struggle to feel safe with my partner.				
7.	I have a hard time remembering and discussing the feelings related to my past attachment situations. I disconnect, dissociate, or get confused.				
8.	Stuck in approach-avoidance patterns with my partner, I want closeness but am also afraid of the one I desire to be close with.				
9.	My instinctive, active self-protective responses are often unavailable when possible danger is present – leaving me feeling immobilized, disconnected, or “gone”.				
10.	Because I am easily confused or disoriented, especially when stressed, it is important for my partner to keep arrangements simple and clear.				
Section Total					

Scoring:

For each section, add up your responses and record your total number. The section with the highest number will likely correspond to your unique attachment style. You may discover a dominant style or a mix of styles.

This questionnaire is not meant to be a label or diagnosis. It is only intended to indicate tendencies and prompt more useful, precise personal exploration.