CLIENT WORKSHEET

Attachment Theory Quiz

From the original “Attachment Theory Quiz.pdf” · 15 pages

What this is. The original handout (15 pages) reproduced page for page inside the house frame, unaltered, so that every word, line, table and illustration is exactly as its author set it. It replaces the September 2026 redesign of this file, which re-set the text and chopped it.

Contents

Original page 1 · ATTACHMENT STYLES:
Original page 2 · ATTACHMENT STYLES:
Original page 3 · TIPS TO IMPROVE YOUR
Original page 4 · ATTACHMENT STYLES
Original page 5 · Secure
Original page 6 · ATTACHMENT STYLES QUIZ
Original page 7 · ATTACHMENT STYLES QUIZ
Original page 8 · ATTACHMENT STYLES QUIZ
Original page 9 · ATTACHMENT STYLES QUIZ
Original page 10 · ATTACHMENT STYLES QUIZ
Original page 11 · ATTACHMENT STYLES QUIZ
Original page 12 · ATTACHMENT STYLES QUIZ
Original page 13 · ATTACHMENT STYLES QUIZ
Original page 14 · ATTACHMENT STYLES QUIZ
Original page 15 · REFLECTION PAGE:

ATTACHMENT STYLES:

UNDERSTANDING YOUR RELATIONSHIP PATTERNS

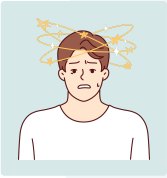
Have you ever noticed that the way you form and maintain relationships can often follow a certain pattern? This pattern is influenced by your attachment style, which refers to the way you connect with others emotionally. Understanding your attachment style can provide valuable insights into your relationship dynamics and behaviors. Here, we will explore the different attachment styles, what they mean, and how you can improve them for healthier relationships.

There are four main attachment styles, as identified by psychologist Mary Ainsworth and later expanded upon by researchers like John Bowlby and Mary Main:

1. Secure Attachment: Individuals with a secure attachment style feel comfortable both being close to others and being independent. They are able to trust others, express their needs and emotions clearly, and maintain healthy boundaries in relationships.

2. Anxious-Preoccupied Attachment: People with an anxious-preoccupied attachment style often seek closeness and reassurance from their partners but may also feel insecure and fear abandonment. They may be overly reliant on their partners for validation and struggle with self-esteem issues.

3. Avoidant Attachment: Those with an avoidant attachment style tend to prioritize independence and self-sufficiency. They may have difficulties with emotional intimacy, fear of commitment, and struggle to open up about their feelings.



4. Disorganized Attachment: This attachment style is characterized by conflicting behaviors, a lack of consistency in relationships, and unresolved trauma or difficult experiences. Individuals with a disorganized attachment style may have difficulty regulating emotions and forming secure connections with others.

ATTACHMENT STYLES:

EXAMPLES

SECURE ATTACHMENT

Jane grew up in a supportive and loving family where her emotional needs were consistently met. As a result, she feels comfortable expressing her feelings, trusting others, and maintaining healthy boundaries in her relationships.

ANXIOUS-PREOCCUPIED ATTACHMENT

Mark tends to feel anxious and insecure in his relationships, worrying about losing his partner's love and approval. He often seeks constant reassurance and validation from his partner to feel secure.

AVOIDANT ATTACHMENT

Sarah values her independence and tends to avoid emotional intimacy in her relationships. She struggles to express her emotions and relies on self-reliance to cope with difficult situations.

DISORGANIZED ATTACHMENT

Alex experienced childhood trauma and has unresolved issues that impact his relationships. He may exhibit inconsistent behaviors, struggle with emotional regulation, and have difficulties forming stable connections with others.

TIPS TO IMPROVE YOUR ATTACHMENT STYLE:

1. Reflect on Your Childhood Experiences: Understanding the origins of your attachment style can help you make sense of your relationship patterns. Consider how your early interactions with caregivers have influenced your attachment style and behaviors.

2. Increase Self-Awareness: Pay attention to your thoughts, emotions, and behaviors in relationships. Notice any patterns of attachment-related behaviors, such as seeking validation, avoiding intimacy, or struggling with trust issues.

3. Communicate Openly: Practice clear and effective communication with your partners. Express your needs, emotions, and boundaries openly to foster healthy connections and build trust in your relationships.

4. Work on Attachment Issues: Consider seeking therapy or counseling to work through attachment-related issues and unresolved traumas. A qualified therapist can help you understand your attachment style, process past experiences, and develop healthier relationship skills.

5. Practice Self-Care: Prioritize self-love, self-compassion, and self-care to nurture your emotional well-being. Engage in activities that bring you joy, practice mindfulness, and cultivate a positive relationship with yourself.

In conclusion, understanding your attachment style is a valuable tool for improving your relationship dynamics and building healthier connections with others. By recognizing your attachment patterns, exploring their origins, and implementing strategies to enhance your attachment security, you can foster more fulfilling and satisfying relationships in your life.

CLIENT WORKSHEET

ATTACHMENT STYLES

Our relationship with our parents or caregiver creates an "attachment style"—a blueprint for how we handle close relationships later on lin life. An attachment style develops early in life and is a specific pattern of behavior in and around relationships. Founded by psychoanalyst John Bowlby in the 1950s and expanded by Mary Ainsworth, attachment theory outlines how your bond with your primary caregivers sets the foundation for navigating relationships throughout life. The theory states that the primary goal of a human infant is to maintain proximity to its caregiver, [which] was necessary for survival during our evolution. There are four adult attachment styles: secure attachment, anxious attachment, avoidant attachment, and fearful-avoidant (aka disorganized) attachment.

HIGH AVOIDANCE

SECURE ATTACHMENT

Mother

Direct
Sensitive
Consistent
Supportive

Child

Feels safe and confident enough to explore their surroundings.
They are resilient, independent, and have faith in their abilities.

AVOIDANT ATTACHMENT

Mother

Distant
Inactive
Dismissive
Critical

Child

They often feel stressed, scared, and rejected.
The child may suffer from emotional isolation.

LOW ANXIETY

HIGH ANXIETY

AMBIVALENT ATTACHMENT

Mother

Inconsistent
Sensitive
Indifferent

Child

They feel stressed, insecure, and angry.
They experience emotional abandonment.
They can't control their impulsivity.
The child may be unsocial-able and aggressive.

DISORGANIZED ATTACHMENT

Mother

Unpredictable
Exaggerates
Inspires fear
Mentally unstable

Child

They often feel sad, scared, and angry.
They may have low self-esteem.
Can approach strangers as a way of seeking safety.

LOW AVOIDANCE

ATTACHMENT STYLES

High avoidance

Avoidant Dismissive

- Struggles with closeness
- Withdraws
- Over independent
- Emotionally distant
- Unresponsive

Avoidant Fearful

- Fears connection
- Poor boundaries
- Socially avoidant
- Extreme responses
- Emotionally hot and cold

Low anxiety

High anxiety

Secure

- Trusts fairly easily
- High self-esteem
- Feels safe and confident
- Interested in responding to others
- Comfortable

Anxious

- Low self-esteem
- Emotionally volatile
- Fears rejection
- Anxious and clingy
- Seeks reassurance

Low avoidance

ATTACHMENT STYLES QUIZ

Know Your Adult Attachment Style Mini-Questionnaire

When completing this questionnaire, please focus on one significant relationship – ideally, a current or past partner. This does not necessarily need to be a romantic relationship but must be the individual with whom you feel the most connection.

Could you read each statement, tick the box if you agree and think it is true?

	STATEMENT	TRUE?
A	I find it easy to trust my partner and feel comfortable opening up to them.	
A	I am able to give my partner space when needed without feeling anxious.	
A	I am generally satisfied with my relationships and feel secure in them.	
A	I believe my partner will be there for me when I need them.	
A	I feel confident in expressing my needs and emotions to my partner.	
A	I am comfortable with intimacy and closeness in my relationship.	
A	I can navigate conflict with my partner in a healthy and constructive way.	
A	I attempt to maintain safety in our relationship by trying to protect my partner from others and from harm.	

ATTACHMENT STYLES QUIZ

	STATEMENT	TRUE?
A	I am excited about mine and my partners future because it is full of kindness and care for each other.	
A	I respect my partners boundaries and privacy.	
A	I don't feel the need to act out much in my romantic relationships.	
B	I value my independence and prefer to keep some distance in my relationship.	
B	I find it difficult to open up and express my emotions to my partner.	
B	I find it difficult to emotionally support my partner when they are feeling down.	
B	I often prioritize my own needs and interests over those of my partner.	
B	I feel uncomfortable with too much closeness or intimacy in my relationship.	
B	I tend to avoid conflict or emotional discussions with my partner.	
B	I am very private and prefer not to share my deep feelings with my partner.	

ATTACHMENT STYLES QUIZ

	STATEMENT	TRUE?
B	I often find eye contact uncomfortable and particularly difficult to maintain.	
B	I prefer to handle problems on my own rather than rely on my partner for support.	
B	It is easier for me to think things through than to express myself emotionally.	
C	I often worry that my partner will stop loving me.	
C	I often worry about my partner leaving me or losing interest in me.	
C	I worry that once someone gets to know the real me, they won't like who I am.	
C	I need constant reassurance from my partner to feel secure in the relationship.	
C	I feel anxious and incomplete when I am not in a romantic relationship.	
C	I tend to overanalyze my partner's actions and behaviors for signs of trouble.	
C	I have a tendency to cling to my partner in times of stress or uncertainty.	

ATTACHMENT STYLES QUIZ

	STATEMENT	TRUE?
C	I have a strong fear of rejection or criticism from my partner.	
C	I am always thinking about my relationship.	
C	I tend to get very quickly attached to a romantic partner.	
D	When I reach a certain level of intimacy with my partner, I sometimes experience fear for no reason at all.	
D	I have an exaggerated startle response when others approach me unexpectedly.	
D	I have been told that I am very controlling in my relationships.	
D	No matter how good things are, I am still always expecting the worst to happen.	
D	I hardly feel safe with anyone, even my partner.	
D	I try to forget my feelings with my past relationships. I tend to push the feelings aside.	
D	I find it hard to trust my partner, even when they haven't done anything wrong by me.	

ATTACHMENT STYLES QUIZ

	STATEMENT	TRUE?
D	I get overwhelmed easily and can have upredictable moods.	
D	I have disappeared for a few days before without giving my partner any explanation.	
D	I swing from desperately needing my partner, to then pushing them away.	

Count up all the true marks that are linked to each letter. Then, check to see which attachment you have the most true marks, either A,B,C or D. For example, if you have a tie, this would mean that you have a mixture of two attachments.

The more statements you check in a category, the more you will display characteristics of the corresponding attachment style. For example, category A represents the secure attachment style, Category B represents the avoidant attachment style, Category C represents the anxious attachment style, and Category D represents the disorganized disoriented style.

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.

Add up all your checked boxes for - Column A: _____, Column B: _____, Column C: _____ Column D: _ _____

What attachment style are you? _____

REFLECTION:

ATTACHMENT STYLES QUIZ

SECURE ATTACHMENT:

A secure attachment refers to a healthy bond and connection between individuals, typically between a child and caregiver in early development, and between partners in intimate relationships.

In children, a secure attachment is established when the caregiver consistently meets the child's needs for comfort, safety, and emotional support. This leads the child to feel secure, loved, and trusting in the relationship with their caregiver. A securely attached child is more likely to explore their environment, regulate their emotions, and develop positive social skills.

In adults, a secure attachment style reflects a sense of security and trust in intimate relationships. Adults with a secure attachment style are comfortable with intimacy and can effectively communicate their needs and emotions in relationships. They are able to provide support to their partners while also feeling supported themselves. This leads to greater relationship satisfaction, resilience in facing challenges, and overall emotional well-being.

In secure relationships, both partners feel valued, respected, and understood. There is a healthy balance of independence and interdependence, with clear boundaries and effective communication. Partners are able to rely on each other for emotional support and share a deep sense of connection and trust.

Overall, a secure attachment fosters healthy development, emotional well-being, and satisfying relationships throughout the lifespan.

ATTACHMENT STYLES QUIZ

ANXIOUS-PREOCCUPIED ATTACHMENT:

An Anxious-Preoccupied attachment style is characterized by a heightened need for closeness and reassurance in relationships, often stemming from underlying feelings of insecurity or fear of abandonment. This attachment style can manifest differently in children, adults, and within relationships.

In children with an Anxious-Preoccupied attachment style, there may be a constant seeking of attention and comfort from caregivers, along with distress or anxiety when separated. These children may display clingy behavior, frequent reassurance-seeking, and difficulties self-soothing. They may struggle with boundaries and have a fear of rejection or abandonment.

In adults with an Anxious-Preoccupied attachment style, there is often a strong desire for intimacy and connection, but with a tendency to worry about the relationship and fear rejection. These individuals may seek constant validation from their partners, experience jealousy or possessiveness, and have difficulty trusting that their needs will be met. They may also struggle with low self-esteem and emotional regulation.

In relationships, an Anxious-Preoccupied attachment style can lead to dynamics characterized by excessive dependence, insecurity, and emotional volatility. One partner may feel overwhelmed by the other's constant need for reassurance and may struggle to meet their partner's emotional demands. This can create challenges in communication, boundaries, and overall relationship satisfaction.

Individuals with an Anxious-Preoccupied attachment style may benefit from therapy, self-awareness, and developing coping strategies to address underlying insecurities and fears. Building self-esteem, learning to regulate emotions, and fostering a sense of security within oneself can help promote healthier relationship dynamics.

ATTACHMENT STYLES QUIZ

AMBIVALENT/ANXIOUS ATTACHMENT

An Ambivalent/Anxious attachment style, also known as Anxious-Avoidant or Disorganized attachment, is characterized by inconsistent or unpredictable responses to attachment figures, leading to conflicting behavior patterns. This attachment style can manifest differently in children, adults, and within relationships.

In children with an Ambivalent/Anxious attachment style, there may be a mixture of clingy, dependent behavior and resistance or hostility toward caregivers. These children may display extreme distress when separated from their caregiver, but may also show anger or tantrums upon reunion. They may have difficulty trusting others and may struggle with forming secure attachments.

In adults with an Ambivalent/Anxious attachment style, there may be a desire for intimacy and connection, but this is often accompanied by fears of rejection or abandonment. These individuals may vacillate between seeking closeness and pushing others away, resulting in inconsistent behavior in relationships. They may have difficulty setting boundaries and may exhibit a fear of being smothered or engulfed by a partner.

In relationships, an Ambivalent/Anxious attachment style can lead to dynamics marked by emotional highs and lows, mixed signals, and a sense of unpredictability. Partners may feel confused by the fluctuating behaviors and emotions of the individual with this attachment style, leading to challenges in communication, trust, and intimacy.

Individuals with an Ambivalent/Anxious attachment style may benefit from therapy to explore and address their attachment-related fears and insecurities. Developing self-awareness, improving communication skills, and working on building trust and security within relationships can help individuals with this attachment style create more stable and fulfilling connections with others.

ATTACHMENT STYLES QUIZ

DISORGANIZED ATTACHMENT

Disorganized attachment is a relatively rare, but significant attachment style characterized by a lack of consistent and predictable behavior in response to attachment figures. This attachment style can manifest differently in children, adults, and in relationships.

In children with a Disorganized attachment style, there may be conflicting and disoriented interactions with caregivers. These children may show a mix of approach and avoidance behaviors, switching between seeking comfort from caregivers and displaying fear or distress when approached. They may exhibit disorganized movements or expressions, indicating unresolved conflict between seeking proximity and feeling threatened by their attachment figures.

In adults with a Disorganized attachment style, there may be internalized patterns of chaotic and contradictory responses to relationships. These individuals may struggle with forming and maintaining stable and secure attachments, often experiencing intense emotional fluctuations and difficulties in regulating their emotions. They may have unresolved trauma or negative experiences from their past that impact their present relationships.

In relationships, a Disorganized attachment style can manifest as a cycle of closeness and distance, fear and longing, control and submission. This can create a sense of instability, confusion, and stress for both partners. Individuals with a Disorganized attachment style may find it challenging to establish trust, communicate effectively, and form healthy and secure relationships.

REFLECTION PAGE:

Original source: Attachment Theory Quiz.pdf, reworked 2026-10-21. Content reproduced in full; house frame added.
Private-use redesign; all source rights remain with the source owner. No permission to republish or redistribute is implied.