



# Understanding Your Love Attachment Style

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# What's your Love Attachment Style?

When filling this questionnaire, please focus on one significant romantic relationship – ideally a current or past partner as the focus here is on adult relationships. A romantic partner would be your primary “go to” person if you’re sick, in trouble, want to celebrate, call with news, etc. Of course, there can be close friends who can be companions, however the focus of this questionnaire is a romantic relationship.

This questionnaire is designed to be an exploratory learning tool. Please underline or highlight any statements that seem quite relevant to you or that you’d like to revisit for a deeper exploration at a later time.

When responding, consider how strongly you identify with each statement or do you exhibit a certain behavior more often than others.



# Scenarios

A. I am often fearful that my partner will stop loving me.

- ☐ A lot like me
- ☐ Not at all like me

A. I worry that my partner doesn't care about me as much as I care about them.

- ☐ A lot like me
- ☐ Not at all like me

A. When I am not in relationship, I feel incomplete and anxious.

- ☐ A lot like me
- ☐ Not at all like me

B. I prefer to keep my innermost feelings to myself and not share them with my partner.

- ☐ A lot like me
- ☐ Not at all like me

B. Its difficult for me to reach out and ask for help.

- ☐ A lot like me
- ☐ Not at all like me

B. I prefer closeness to my partner for short time because too much closeness unsettles me.

- ☐ A lot like me
- ☐ Not at all like me

C. I rarely worry about my partner leaving me.

- ☐ A lot like me
- ☐ Not at all like me

C. I clearly and easily ask to have my own needs met.

- ☐ A lot like me
- ☐ Not at all like me

C. I am comfortable being close to my romantic partner.

- ☐ A lot like me
- ☐ Not at all like me

# Scenarios

A. I feel that my partner's feelings for me are not as strong as my feelings for them.

- ☐ A lot like me  
☐ Not at all like me

A. I spend a lot of time thinking about my partner and our relationship.

- ☐ A lot like me  
☐ Not at all like me

A. I get quickly attached to a person who I like.

- ☐ A lot like me  
☐ Not at all like me

B. I initially felt a wave of relief when an important relationship ended but later I had polar opposite feelings like depression.

- ☐ A lot like me  
☐ Not at all like me

B. I can get over a breakup quickly. It's not hard for me to put someone out of my mind.

- ☐ A lot like me  
☐ Not at all like me

B. I do not like it when people depend on me emotionally. One should be self-sufficient.

- ☐ A lot like me  
☐ Not at all like me

C. I feel comfortable depending on my romantic partner.

- ☐ A lot like me  
☐ Not at all like me

C. It's easy for me to be affectionate with my partner.

- ☐ A lot like me  
☐ Not at all like me

C. An argument with my partner doesn't usually cause me to question our entire relationship.

- ☐ A lot like me  
☐ Not at all like me

# Scenarios

A. I often worry that my partner may get attracted to someone else.

- ☐ A lot like me  
☐ Not at all like me

A. During a conflict, I do or say things on impulse that I later feel regret about.

- ☐ A lot like me  
☐ Not at all like me

A. If someone I am romantically interested in doesn't respond, I go into self-doubt.

- ☐ A lot like me  
☐ Not at all like me

B. When faced with conflicts, I prefer to just stay away till the situation simmers down.

- ☐ A lot like me  
☐ Not at all like me

B. My partner often complains that I am not as intimate to them as I should be.

- ☐ A lot like me  
☐ Not at all like me

B. I miss my partner when they are not present but when they are close, I miss my space.

- ☐ A lot like me  
☐ Not at all like me

C. It is important for me to meet the needs of people who are close to me.

- ☐ A lot like me  
☐ Not at all like me

C. If someone I am dating turns cold and distant, I might wonder what's happened, but I won't go into self-doubt.

- ☐ A lot like me  
☐ Not at all like me

C. I can easily attune to my partner's feelings, wants, and needs.

- ☐ A lot like me  
☐ Not at all like me

# Scenarios

A. I make an extra effort to look attractive to my partner because inside I feel I am not good enough.

- ☐ A lot like me  
☐ Not at all like me

A. I am very sensitive to mood fluctuations of my partner.

- ☐ A lot like me  
☐ Not at all like me

A. My partner describes me as needy and clingy.

- ☐ A lot like me  
☐ Not at all like me

B. I feel uneasy when my partner wants to get too close to me.

- ☐ A lot like me  
☐ Not at all like me

B. I prefer my independence over a relationship.

- ☐ A lot like me  
☐ Not at all like me

B. I feel more available and connected to my exes after a breakup, when the pressure is off.

- ☐ A lot like me  
☐ Not at all like me

C. When I disagree with someone, I do not hesitate to express my opinion.

- ☐ A lot like me  
☐ Not at all like me

C. I can transition between alone time and time together fluidly and without much difficulty.

- ☐ A lot like me  
☐ Not at all like me

C. I respect my partner's need for privacy.

- ☐ A lot like me  
☐ Not at all like me

# Scenarios

A. When I have conflicts with my partner, I fear they will leave me.

- ☐ A lot like me  
☐ Not at all like me

A. I find that my partner doesn't get as close as I would like.

- ☐ A lot like me  
☐ Not at all like me

A. I lose myself and become merged in the relationship. I am overfocused on my partner and underfocused on myself

- ☐ A lot like me  
☐ Not at all like me

B. I dislike putting a lot of effort in the relationship. My partner is an adult, they should be able to manage things on their own.

- ☐ A lot like me  
☐ Not at all like me

B. If someone I am dating begins to distant, it does not matter me so much. It's their call afterall.

- ☐ A lot like me  
☐ Not at all like me

A. I need others to calm me down. I find it difficult to self-soothe.

- ☐ A lot like me  
☐ Not at all like me

C. I typically give more than I receive in relationship.

- ☐ A lot like me  
☐ Not at all like me

B. I have difficulty saying no to others. I have trouble maintaining boundaries

- ☐ A lot like me  
☐ Not at all like me

A. I often complain a lot and overlook or dismiss caring behaviours from my partner.

- ☐ A lot like me  
☐ Not at all like me

# Scenarios

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A. I have difficulty being alone and when I am alone, I feel abandoned, stressed, and hurt.

☐ A lot like me

☐ Not at all like me

A. I stick to my partner because I fear if they leave, I will never find someone else.

☐ A lot like me

☐ Not at all like me

A. If I am away from my partner, I feel upset with the distance.

☐ A lot like me

☐ Not at all like me

B. I often live in past and I am unable to forgive or forget past injuries.

☐ A lot like me

☐ Not at all like me



## Results:

Calculate the total no. of As, Bs and Cs

**Anxious** - If you have got most As you are of anxious attachment style.

**Avoidant** - If you have got most Bs you are of avoidant attachment style.

**Secure** - If you have got most Cs you are of secure attachment style

## Working with your own attachment style

I want to reiterate that your attachment style - and that of everyone else comes from early parenting patterns that are almost unconsciously imprinted in our body. We don't often recognize our attachment styles until we are in an intimate relationship and issues start cropping up. Regardless of how we experience insecure attachment related issues - it's important to remember that these aren't our fault. For whatever reason, life dished out something less than ideal and we did our best to cope with it and these coping mechanisms got embedded in us physiologically. Hence self-reflection and compassion for yourself is important as you work with your attachment style. You can certainly work towards moving from an insecure (Anxious, avoidant) attachment style to a healthier attachment style with our expert guidance.

Please click the link to book a consultation

**BOOK A CONSULTATION**