



## **Do You Have an Anxious Attachment Style? 10-Question Quiz**

Purpose: Quick self-check to identify common patterns of anxious attachment style and get clear next steps for practice or support.

Read each statement and mark Yes or No. Be honest. This is a screening tool, not a diagnosis. Total your Yes answers and use the scoring method that follows to decide next steps.

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### **Checklist items (mark Yes / No)**

1. I frequently re-read or re-send messages because I worry about how the other person will respond.
  2. Small delays in replies or changes in tone quickly trigger panic or worry for me.
  3. I often seek reassurance from partners or friends about their feelings or commitment.
  4. I feel relieved after reassurance, but the relief tends to be short-lived.
  5. I intensely monitor social media or online activity to check someone's availability or interest.
  6. In conflicts I escalate quickly (more texts, emotional disclosure, or urgent calls) to reduce my fear of losing connection.
  7. I assume the worst about ambiguous social cues (silence, short answers, neutral expressions).
  8. I sometimes hide my worry until it bursts out in strong emotion or accusation.
  9. I make decisions (relationships, jobs) based on avoiding uncertainty rather than long-term fit.
  10. I feel shame about needing closeness and try to hide it from others.
  11. I notice sleep disruption or repeated late-night worry about relationships.
  12. When a partner withdraws, I experience increased physical symptoms (racing heart, stomach upset, sweating).
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## Scoring

0-2: Low likelihood of anxious attachment style; occasional worry is normal.

3-6: Mild anxious attachment style tendencies; it would be useful to build basic regulation habits. Experiment with a book and workbook.

7-9: Moderate anxious attachment style; consider a structured course or coaching package to practice experiments and communication scripts.

10-12: Strong anxious attachment style patterns that affect sleep, decision making & health. Consider trauma-informed therapy or therapy + coaching.

## Tools to try right now

Pause script: “I’m feeling anxious right now and I need a little time to calm down. I’ll check back in at [time].”

Grounding reset: 5 deep breaths; name 3 things you can see, 2 things you can touch, 1 thing you can hear.

Message delay rule: Wait 60 minutes before sending follow-ups; use the pause to log emotion (scale 1-10) and one alternative action.

At Night: Summarize the day’s facts (no interpretation) to reduce rumination.

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## Next steps based on your score

Mild (3-6): Start with a foundational book and a workbook; practice the Pause Script and Message Delay Rule for 2 weeks.

Moderate (7-9): Enroll in a skills course or book coaching sessions focused on behavioral experiments and communication scripts.

Strong (10-12): Consider an assessment with a trauma-informed therapist plus concurrent coaching to practice real-time experiments safely.

*This is a trauma-informed and nonjudgmental resource. If you experience intense emotions, pause, use a grounding practice, contact a trusted person, or reach out to a licensed clinician.*