



## How to Identify Your Attachment Style — 10-Question Quiz

For each question, choose the response that feels most typical for you. Be honest. Choose your immediate preference rather than overthinking. Keep track of which letter you select for each item.

1. When a close partner or friend is emotionally distant, I usually feel:
  - A. Calm and confident they'll return (secure)
  - B. Worried they're losing interest; I seek reassurance (anxious)
  - C. Relieved; distance feels manageable; I pull back (avoidant)
  - D. Confused; I want closeness but also feel scared of it (disorganized)
2. When I need emotional support, I tend to:
  - A. Ask clearly and accept help when offered (secure)
  - B. Persistently check in until I feel reassured (anxious)
  - C. Try to handle it myself and avoid asking (avoidant)
  - D. Feel torn; sometimes I reach out, sometimes I shut down (disorganized)
3. How do you feel about depending on others?
  - A. Comfortable; dependence and independence are both okay (secure)
  - B. Nervous; I worry they'll let me down (anxious)
  - C. Uncomfortable; I prefer to rely on myself (avoidant)
  - D. Ambivalent; I want connection but fear it, too (disorganized)
4. In conflict with someone close, I typically:
  - A. Talk it through, and restore closeness (secure)
  - B. Intensify my bids for closeness; fear they'll leave (anxious)
  - C. Withdraw or minimize the issue to protect myself (avoidant)
  - D. React unpredictably; sometimes clinging, sometimes lashing out or freezing (disorganized)



5. When a partner cancels plans, my first reaction is:
  - A. I'm disappointed but understand and reschedule (secure)
  - B. I panic and worry it means they don't care (anxious)
  - C. I feel secretly relieved and retreat into my own space (avoidant)
  - D. I feel alarmed; unsure whether to reach out or shut down (disorganized)
6. How do you experience vulnerability?
  - A. It's hard but manageable; it can deepen connection (secure)
  - B. It feels urgent; I fear it will push people away (anxious)
  - C. It feels risky; I protect myself by staying detached (avoidant)
  - D. It triggers mixed responses; sometimes dissociate or freeze (disorganized)
7. In new relationships I tend to:
  - A. Balance closeness and independence; get comfortable over time (secure)
  - B. Move quickly toward intimacy and reassurance (anxious)
  - C. Keep people at arm's length until I feel safe (avoidant)
  - D. Alternate between wanting closeness & pulling away (disorganized)
8. How do you handle intense emotional moments in a relationship?
  - A. I can stay present, regulate, and seek repair if needed (secure)
  - B. I feel overwhelmed and urgently seek confirmation of care (anxious)
  - C. I numb or minimize my feelings to stay functional (avoidant)
  - D. I feel chaotic; sometimes frantic, sometimes shut down (disorganized)
9. When your partner expresses strong emotions, you are most likely to:
  - A. Listen and respond with empathy (secure)
  - B. Worry it's a sign they'll leave me (anxious)
  - C. Feel burdened and distance myself (avoidant)
  - D. Be unsure how to react; my response may be intense or absent (disorganized)



10. Overall, how steady do your close relationships feel?

- A. Generally stable with normal ups and downs (secure)
- B. Often uncertain; I'm sensitive to small signs of trouble (anxious)
- C. I keep things predictable by maintaining distance (avoidant)
- D. Relationships can feel frighteningly unstable or confusing (disorganized)

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### Scoring

- For each answer, assign points to the corresponding style:  
A = Secure 1 point; B = Anxious 1 point; C = Avoidant 1 point; D = Disorganized 1 point.
- Tally your totals for each letter across all 10 items.

### Interpreting your results (high-level)

- Highest score: This style indicates your predominant attachment pattern.
- Close tie between styles: You show a mix of patterns (common in adult relationships).
- Mostly A's: Secure: You're generally comfortable with closeness and self-reliance.
- Mostly B's: Anxious: You tend to seek reassurance and worry about abandonment.
- Mostly C's: Avoidant: You favor independence and may downplay emotional needs.
- Mostly D's: Disorganized: You may experience conflicting impulses toward closeness and fear, often linked to early caregiving that felt frightening or unpredictable.

### Notes and next steps

*This quiz is a screening tool for self-reflection, not a diagnostic instrument. If your results raise questions or connect to trauma or persistent relationship pain, consider exploring the upcoming feeder posts that dive into each style in depth.*