



Do You Have an Avoidant Attachment Style? 10-Question Quiz

Self-check to identify avoidant attachment patterns. Read the statement and mark each Yes or No. Be honest. This is a screening tool, not a diagnosis. Total Yes answers and use the scoring method that follows to decide next steps.

Quiz (Mark Yes/No)

1. I prefer to solve relationship problems on my own rather than talk about feelings.
2. I often keep conversations at surface level and avoid emotional topics.
3. I feel uncomfortable when others try to get very close or rely on me.
4. I value independence so strongly that asking for help feels like failure.
5. After emotional or intimate moments, I withdraw or need a lot of space.
6. I find it hard to name my feelings or explain what I want emotionally.
7. I downplay my attachment needs or tell myself I don't need close relationships.
8. I avoid asking for reassurance, even when I feel uncertain about the relationship.
9. I prefer practical solutions to emotional support and feel awkward with displays of vulnerability.
10. Long-term, deep relationships feel risky & often make me want to pull back

Scoring and interpretation

0-2: Low likelihood of avoidant attachment patterns; you're comfortable with emotional closeness most of the time.

3-5: Mild avoidant tendencies; consider practicing targeted disclosure exercises and tracking moments of withdrawal.

6-8: Moderate avoidant patterns that limit intimacy; a structured workbook or short course with graded vulnerability exercises is recommended.

9-10: Strong avoidant attachment style likely affecting relationships and wellbeing; consider therapy (attachment-informed or trauma-focused) and coaching.

Note: If you experience suicidal thoughts, severe dissociation, or debilitating functional loss, seek immediate clinical support.



Quick Tools to Try Now

3-minute small disclosure: Share one neutral, non-threatening personal fact (a hobby, a small worry) and stop. Notice comfort level.

5-minute check-in window: Schedule a brief daily check-in with a partner or friend for 5 minutes. Set a timer and practice staying present.

Feel-word list: Keep a one-page list of 10 simple feeling words (calm, tired, annoyed, glad) to help name emotions during or after interactions.

Boundary + Invitation script: “I need some space for [X minutes], but I want to talk about this after. Can we set a time?” (Keeps connection, preserves autonomy).

Next steps based on your score

Mild (3-5): Start with a primer (Attached) and a short avoidant-focused workbook; practice the 5-minute check-in and one small disclosure per week.

Moderate (6-8): Enroll in a 4-6 week skills course or join a small cohort that practices graded disclosures; book 1-3 coaching sessions for role-plays and accountability.

Strong (9-10): Seek an attachment-informed therapist for assessment (especially if numbness, depression, or trauma is present) and combine therapy with coaching or a facilitated group for corrective relational practice.

This quiz is trauma-informed and nonjudgmental. If items bring up strong emotions, pause and use a grounding practice, contact a trusted person, or reach out to a licensed clinician.