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# What's Your Style?

## Attachment Style Questionnaire

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# What is Attachment and Why is it Important?

Attachment styles are about the way we connect with and relate to other people. Our style of attachment (connection) begins when we are born and continues to develop in the first few years of life.

Once it is established the attachment style stays with you for the rest of your life and it determines the way you relate to intimate partners and how you parent your own children.

When we know our attachment style we can understand why we behave the way we do when it comes to connection, belonging and relationships. It also helps us to reassess the childhood emotional 'toolbox' we have and make changes if things from our history are negatively impacting the relationships we long for today.

On the next page is an attachment questionnaire. Complete it as honestly as you can (this will give you a more accurate attachment style prediction).

## Attachment Style Questionnaire Instructions

Alongside each statement in the questionnaire you will see only one checkbox in either the A, B or C column.

If the statement is TRUE FOR YOU then tick the one available checkbox (don't worry about which column it is in).

I feel comfortable depending on romantic partners.		<input checked="" type="checkbox"/>	
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If the statement is NOT TRUE FOR YOU then do nothing and leave the checkbox unchecked.

I feel comfortable depending on romantic partners.		<input type="checkbox"/>	
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You will find scoring instructions following the questionnaire.



# Attachment Style Questionnaire

	TRUE		
	A	B	C
I often worry that my partner will stop loving me.	<input type="checkbox"/>		
I find it easy to be affectionate with my partner.		<input type="checkbox"/>	
I fear that once someone gets to know the real me, s/he won't like who I am.	<input type="checkbox"/>		
I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind.			<input type="checkbox"/>
When I'm not involved in a relationship, I feel somewhat anxious and incomplete.	<input type="checkbox"/>		
I find it difficult to emotionally support my partner when s/he is feeling down.			<input type="checkbox"/>
When my partner is away, I'm afraid that s/he might become interested in someone else.	<input type="checkbox"/>		
I feel comfortable depending on romantic partners.		<input type="checkbox"/>	
My independence is more important to me than my relationships.			<input type="checkbox"/>
I prefer not to share my innermost feelings with my partner.			<input type="checkbox"/>
When I show my partner how I feel, I'm afraid s/he will not feel the same about me.	<input type="checkbox"/>		
I am generally satisfied with my romantic relationships.		<input type="checkbox"/>	
I don't feel the need to act out much in my romantic relationships.		<input type="checkbox"/>	
I think about my relationships a lot.	<input type="checkbox"/>		
I find it difficult to depend on romantic partners.			<input type="checkbox"/>
I tend to get very quickly attached to a romantic partner.	<input type="checkbox"/>		
I have little difficulty expressing my needs and wants to my partner		<input type="checkbox"/>	
I sometimes feel angry or annoyed with my partner without knowing why.			<input type="checkbox"/>
I am very sensitive to my partner's moods.	<input type="checkbox"/>		
I believe most people are essentially honest and dependable.		<input type="checkbox"/>	
I prefer casual sex with uncommitted partners to intimate sex with one person.			<input type="checkbox"/>
I'm comfortable sharing my personal thoughts and feelings with my partner.		<input type="checkbox"/>	
I worry that if my partner leaves me I might never find someone else.	<input type="checkbox"/>		

It makes me nervous when my partner gets too close.			<input type="checkbox"/>
During a conflict, I tend to impulsively do or say things I later regret, rather than be able to reason about things.	<input type="checkbox"/>		
An argument with my partner doesn't usually cause me to question our entire relationship.		<input type="checkbox"/>	
My partners often want me to be more intimate than I feel comfortable being.			<input type="checkbox"/>
I worry that I'm not enough.	<input type="checkbox"/>		
Sometimes people see me as boring because I create little drama in relationships.		<input type="checkbox"/>	
I miss my partner when we're apart, but when we're together I feel the need to escape.			<input type="checkbox"/>
When I disagree with someone, I feel comfortable expressing my opinions.		<input type="checkbox"/>	
I hate feeling that other people depend on me.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, I might let it faze me. I might feel a pang of jealousy, but it's fleeting.		<input type="checkbox"/>	
If I notice that someone I'm interested in is checking out other people, I feel relieved – it means s/he's not looking to make things exclusive.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, it makes me feel depressed.	<input type="checkbox"/>		
If someone I've been dating begins to act cold and distant, I may wonder what's happened, but I'll know it's probably not about me.		<input type="checkbox"/>	
If someone I've been dating begins to act cold and distant, I'll probably be indifferent; I might even be relieved.			<input type="checkbox"/>
If someone I've been dating begins to act cold and distant, I'll worry that I've done something wrong.	<input type="checkbox"/>		
If my partner was to break up with me, I'd try my best to show her/him what s/he is missing (a little jealousy can't hurt)	<input type="checkbox"/>		
If someone I've been dating for several months tells me s/he wants to stop seeing me, I'd feel hurt at first, but I'd get over it.		<input type="checkbox"/>	
Sometimes when I get what I want in a relationship, I'm not sure what I want anymore.			<input type="checkbox"/>
I won't have much of a problem staying in touch with my ex (strictly platonic) – after all, we have a lot in common.		<input type="checkbox"/>	

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

# What is Attachment and Why is it Important?

## Scoring Key

The more statements that you check in a category, the more you will display characteristics of the corresponding attachment style.

Category A represents the *anxious* attachment style,  
Category B represents the *secure* attachment style,  
Category C represents the *avoidant* attachment style.

## Anxious Attachment

If this is your predominant way of connecting with others you will love to be as close as you can to your romantic partners. You long for and crave connection and intimacy.

You may fear that that your partner doesn't want to be as close to you as you do to him/her. You may also doubt their love for you.

When you begin a relationship it can feel all-consuming and you may spend lots of time thinking about the relationship. You may also feel like you are on an emotional roller coaster ride with intense feelings of happiness but some strong fears about how the relationship will progress.

You can be very sensitive to your partner's moods and actions, and often attribute negative thoughts to them (that they are angry or upset with you or something you have done). You may also take their behavior really personally and want to 'fix' things for them.

You may become upset easily and feel a lot of negative emotions in the relationship especially if you feel your partner is not listening to you, paying attention to you feel like they are pulling away from you. As a result of these thoughts and feelings you might act out and be very emotional, saying and doing things that you regret later.

You may struggle to set appropriate boundaries in your relationship. You may also give more in the relationship than your partner does.

You may get involved in relationships very quickly and want the relationship to progress to a commitment as soon as possible.



# What is Attachment and Why is it Important?

## **Secure Attachment**

You feel comfortable and loving in a committed relationship.

You enjoy intimacy and connection and you do not spend time worrying about your relationships.

You are able to go with the flow when it comes to love and romance and you don't often get upset about relationship issues.

You are a good communicator and you are able to easily and comfortably share your needs and feelings with your partner. You are also able to read and understand your partner's emotional cues and then respond to them appropriately.

You share your successes, worries or concerns with your partner and you are able to be there for them if they need you.

You are able to set appropriate boundaries. The level of give and take in the relationship is fairly even.

You tend to start relationships slowly, getting to know your partner over time.

## **Avoidant Attachment**

Independence and self-sufficiency are extremely important to you. When in an intimate relationship you will fight for your freedom and autonomy. Intimate relationships can feel claustrophobic.

You want to feel connected to others but you may also feel very uncomfortable if you feel there is too much closeness. You prefer to keep your relationships casual and your partner at a comfortable emotional distance.

You don't spend much time worrying about your romantic relationships or about being rejected.

You prefer not to share too much information about yourself or what you do with your life with your partner and they will often complain that they feel unimportant to you and that you are emotionally distant.

In a committed relationship you are constantly on the lookout for any signs that your partner is trying to control you or trying to take away your personal freedom.



# What is Attachment and Why is it Important?

After connection or intimacy, you may withdraw for periods of time. You may also talk openly about previous relationships and partners which can may you current partner uncomfortable and worried about how secure the relationship is.

You tend to have very ridged boundaries and can be become very offended if people try to get too close to you.

## Note

*This questionnaire is not a clinic tool and provides a general indication of your attachment style only.*

For more information about attachment styles and wounds check out my six week online relationships program ...

<https://debbicarberry.com.au/better-relationships-program/>

Or to find out how you can work with me go to ...

<https://debbicarberry.com.au/work-with-me/>

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*Debbi Carberry is a clinical social worker in private practice in Brisbane, Australia where she specialises in relationships transformation.*

*She has over 10 years' experience helping people form and maintain fulfilling relationships.*

*Debbi is the author of a short relationship guide  
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<https://debbicarberry.com.au/better-relationships-program/>

