

UNDERSTANDING ATTACHMENT STYLES

Adapted from Chapter 4 of Relationship Communication Decoded

Attachment styles are emotional blueprints formed early and reinforced by experience, shaping how you express needs, respond to vulnerability, and seek connection.

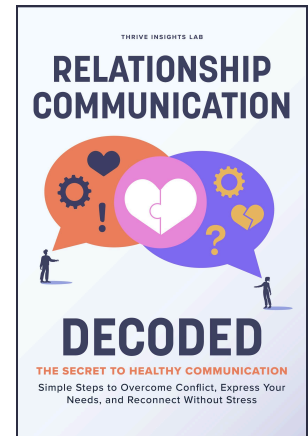
***Important Note:** This assessment is not intended to be a clinical or diagnostic tool. It is designed for personal insight and reflection on relationships only. If you are experiencing distress or mental health challenges, please seek support from a qualified professional.*

INSTRUCTIONS

Read each item below and indicate how well it describes you using a **1 (Not at all like me) to 5 (Very much like me)** scale. There are no right or wrong answers, just your honest reflection.

ITEMS

- | | |
|--|---------------------|
| 1. I can express my needs clearly without fear of rejection. | [1] [2] [3] [4] [5] |
| 2. Sometimes I feel uncertain about how my partner truly feels about me. | [1] [2] [3] [4] [5] |
| 3. I keep emotional distance to protect myself. | [1] [2] [3] [4] [5] |
| 4. I feel torn between wanting closeness and fearing it. | [1] [2] [3] [4] [5] |
| 5. I feel comfortable with intimacy and independence. | [1] [2] [3] [4] [5] |
| 6. I worry that small problems will ruin the relationship. | [1] [2] [3] [4] [5] |
| 7. I feel more comfortable handling problems on my own. | [1] [2] [3] [4] [5] |
| 8. I pull away from people I care about because I fear they'll leave me first. | [1] [2] [3] [4] [5] |
| 9. I trust my partner to support me when I need it. | [1] [2] [3] [4] [5] |
| 10. I worry that my partner will stop loving me. | [1] [2] [3] [4] [5] |
| 11. I avoid talking about my feelings, even with close partners. | [1] [2] [3] [4] [5] |
| 12. I want connection, but fear being hurt if I open up too much. | [1] [2] [3] [4] [5] |
| 13. I feel safe opening up emotionally in close relationships. | [1] [2] [3] [4] [5] |
| 14. I need frequent reassurance from my partner. | [1] [2] [3] [4] [5] |
| 15. I sometimes push people away, even when I crave connection. | [1] [2] [3] [4] [5] |
| 16. When things feel too good, I wait for something to go wrong. | [1] [2] [3] [4] [5] |



SCORING

Add the numbers for each style (scores range **4-20**):

- **Secure:** 1, 5, 9, 13 = ____
- **Anxious:** 2, 6, 10, 14 = ____
- **Avoidant:** 3, 7, 11, 15 = ____
- **Disorganized:** 4, 8, 12, 16 = ____

INTERPRETATION GUIDE

Your scores for each attachment style range from 4 to 20. A higher score indicates a stronger tendency towards that style's influence on your relationship patterns.

- **Predominant Pattern (16–20):** This style is a significant and consistent part of your emotional blueprint, powerfully shaping how you experience closeness, conflict, and connection in your relationships. Recognizing this strong pattern is the first step towards consciously leveraging strengths and navigating its challenges to build deeper, more secure connections..
- **Noticeable Pattern (10–15):** You may show aspects of this style in your relationships, particularly during moments of stress or vulnerability. With focused awareness, you can gain greater mastery over these tendencies, transforming them into reliable assets for more fulfilling interactions.
- **Subtle Pattern (4–9):** This style currently plays a less dominant role in your relationship patterns. This is an excellent opportunity to explore how its nuances might subtly influence you and to expand your repertoire of relationship responses, fostering even greater security and connection.

Identify Your Dominant Style

- **Dominant Style:** If one style scored significantly higher than the others, it is likely your dominant attachment style.
- **Blended Style:** If two or more scores are close, you may have a blended attachment style, meaning you draw on elements from multiple patterns.

What Your Dominant Style Might Indicate:

- **Secure:** You generally feel comfortable with both intimacy and independence. You can express your needs clearly and trust your partner's support, tending to feel secure in your relationships.
- **Anxious:** You may often seek reassurance, worry about your partner's feelings, and fear abandonment. You might express needs with urgency or intensity.
- **Avoidant:** You tend to value independence, downplay vulnerability, and might seem emotionally distant even when you care deeply. You may prefer handling issues on your own.
- **Disorganized:** You might feel conflicted about closeness, desiring connection while simultaneously fearing rejection or hurt, which can lead to unpredictable or mixed signals in relationships.

REFLECTION

Take a moment to reflect on your results. Capture your thoughts in the space provided below.

Does your dominant style resonate with how you typically behave in relationships?

How might this style influence your communication patterns with your partner?

What's one small insight you're taking away from this assessment right now?

NEXT STEPS

Keep your highest score in mind. It directly influences your communication habits, emotional reactions, and growth opportunities. Return to Chapter 4 of Relationship Communication Decoded to explore what your dominant style means for you and how to foster healthier attachment patterns.