



WHAT'S YOUR Adult Attachment Style?



A RESEARCH-INFORMED QUESTIONNAIRE TO IDENTIFY
YOUR PRIMARY ATTACHMENT PATTERN



ABOUT THIS QUESTIONNAIRE

This questionnaire is based on established adult attachment research, including the Experiences in Close Relationships-Revised (ECR-R; Fraley, Waller & Brennan, 2000). It measures two core dimensions of attachment:



ATTACHMENT ANXIETY

Fear of rejection, need for reassurance, and worry about being abandoned.



ATTACHMENT AVOIDANCE

Discomfort with closeness, emotional distance, and preference for self-reliance.



How to Complete

Read each statement and rate how much you agree or disagree based on your typical feelings in close relationships, using the scale below.

1

Strongly
Disagree

2

Disagree

3

Slightly
Disagree

4

Slightly
Agree

5

Agree

6

Strongly
Agree



PART A

ATTACHMENT ANXIETY

Circle your answer for each statement (1–6)

- I worry that people I care about will stop loving me. 1 2 3 4 5 6
- I need frequent reassurance that I am important to the people I love. 1 2 3 4 5 6
- I worry about being abandoned. 1 2 3 4 5 6
- When someone seems distant, I assume something is wrong. 1 2 3 4 5 6
- I often feel insecure in my close relationships. 1 2 3 4 5 6
- I worry that my partner doesn't care about me as much as I care about them. 1 2 3 4 5 6
- I become anxious when I don't hear from someone I care about. 1 2 3 4 5 6
- I often wonder whether I am "good enough" in relationships. 1 2 3 4 5 6
- I worry that I may be rejected. 1 2 3 4 5 6
- I find it difficult to relax if I think a relationship is uncertain. 1 2 3 4 5 6
- I crave closeness and become upset when someone pulls away. 1 2 3 4 5 6
- I often seek reassurance that everything is okay in my relationships. 1 2 3 4 5 6



PART B

ATTACHMENT AVOIDANCE

Circle your answer for each statement (1–6)

- I prefer not to depend on other people. 1 2 3 4 5 6
- I feel uncomfortable when someone wants to get very close to me. 1 2 3 4 5 6
- I value my independence more than emotional closeness. 1 2 3 4 5 6
- I find it difficult to completely trust other people. 1 2 3 4 5 6
- I keep my emotions to myself. 1 2 3 4 5 6
- I don't like relying on others for support. 1 2 3 4 5 6
- I feel uncomfortable when people depend on me emotionally. 1 2 3 4 5 6
- I prefer to solve problems on my own. 1 2 3 4 5 6
- Too much closeness makes me feel trapped. 1 2 3 4 5 6
- I find it easier to keep some emotional distance in relationships. 1 2 3 4 5 6
- I pull away when relationships become very emotionally intense. 1 2 3 4 5 6
- I find it difficult to be completely open and vulnerable with others. 1 2 3 4 5 6



SCORING

Add up your scores for each section.

ATTACHMENT ANXIETY SCORE

(Questions 1–12)

Possible range: 12 – 72

ATTACHMENT AVOIDANCE SCORE

(Questions 13–24)

Possible range: 12 – 72



Higher scores indicate greater attachment anxiety or avoidance.



UNDERSTANDING YOUR RESULTS

Compare your scores using the guide below.

YOUR RESULTS	PRIMARY ATTACHMENT STYLE	WHAT THIS USUALLY MEANS
Anxiety is significantly higher than Avoidance	ANXIOUS (Preoccupied)	You value closeness but may worry about rejection, abandonment or not feeling important enough.
Avoidance is significantly higher than Anxiety	DISMISSIVE-AVOIDANT	You value independence and self-reliance and may feel uncomfortable with too much emotional closeness or dependence.
Both Anxiety and Avoidance are elevated	FEARFUL-AVOIDANT (Disorganised)	You desire closeness but also fear being hurt, making relationships feel confusing or unpredictable.
Both Anxiety and Avoidance are relatively low	SECURE	You generally feel comfortable with intimacy while maintaining healthy independence and trust.



Remember:

Attachment exists on a continuum. Everyone experiences some degree of attachment anxiety and attachment avoidance. This questionnaire identifies the pattern that most closely reflects your current experiences—it does not define who you are or what you are capable of becoming.



DISCLAIMER & ETHICAL PRACTICE STATEMENT

This questionnaire is an educational self-reflection tool based on established adult attachment research. It is designed to increase self-awareness and help you identify patterns that may influence your relationships. It is not a psychological assessment, diagnostic instrument or substitute for professional mental health care. Attachment patterns exist on a continuum and may change over time through healthy relationships.

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Understanding
Anxious (Preoccupied) Attachment

Workbook



Understanding
Dismissive-Avoidant Attachment

Workbook



Understanding
Fearful-Avoidant (Disorganised) Attachment

Workbook



ANCHORING
your life
Counselling

Debra Braganca

ACA REGISTERED RELATIONSHIP
& WOMEN'S COUNSELLOR



WARM, COMPASSIONATE, EVIDENCE-BASED.
SUPPORTING YOU TO FEEL HEARD,
UNDERSTOOD AND RECONNECTED.

You can heal.
You can grow.
You can feel safe.