



# ATTACHMENT STYLE QUIZ

No matter where you're at with relationships - with family, friends or romantic connections - this quiz is about gaining insight. There are no wrong answers: simply pick what most reflects how you feel and act.

## Instructions

For each statement, select how much it rings true for you right now (in your close relationships):

- 0 = Not at all
- 1 = A little
- 2 = Somewhat
- 3 = Quite a bit
- 4 = Very much

Record your score for each statement. At the end, you'll total up scores across four sets of statements (Anxious, Avoidant, Disorganised, Secure) and see which style(s) stand out.

<b>Anxious Attachment Statements</b>		Very much 4	Quite a bit 3	Some what 2	A little 1	Not at all 0
1.	'Everyone leaves me in the end'					
2.	'I just need my partner/friend/family to reassure me more'					
3.	'Rejection is so scary'					
4.	'Inconsistent communication from someone makes me very anxious'					
5.	'I'm afraid to be alone or end up alone'					
<b>Avoidant Attachment Statements</b>						
6.	'Emotions are a weakness'					
7.	'Relationships are just a distraction from my goals'					
8.	'I don't need anyone'					
9.	'There's no point in trying, I won't succeed anyway'					
10.	'I can't get close to people, I need to protect myself'					



<b>Disorganised Attachment Style</b>		Very much 4	Quite a bit 3	Some what 2	A little 1	Not at all 0
11.	'Conflict just makes me zone out'					
12.	'Sometimes I feel so helpless in relationships that I self-sabotage my connections with others'					
13.	'Some days I can trust my partner/friends but other days I am so suspicious of them'					
14.	'I feel like I want emotional intimacy but whenever someone gets close I push them away'					
15.	'Sometimes I act really impulsively and then later regret what I said or did'					
<b>Secure Attachment Statements</b>						
16.	'I am worthy of love'					
17.	'I am happy in my own company and in the company of others'					
18.	'I know and respect boundaries between myself and others and I know the difference between healthy boundaries, requests and attempts to control'					
19.	I can trust people who show reliability, while staying compassionate and realistic with others.					
20.	'When faced with a stressful situation, I feel capable to survive and thrive because I know my strategies and I have internal tools and resources'					
21.	'I communicate clearly'					
22.	'I am comfortable with interdependence'					



## Scoring & Interpretation



Add up the scores for statements 1-5 → Anxious total is highest:

- You're leaning toward an anxious/preoccupied pattern (worrying about abandonment, needing reassurance).

Add up the scores for statements 6-10 → Avoidant total is highest:

- You're leaning toward an avoidant/dismissive pattern (self-reliant, uncomfortable with closeness).

Add up the scores for statements 11-15 → Disorganised total is highest:

- You're likely showing a disorganised/fearful pattern (a push-pull of wanting closeness but also fearful and inconsistent).

Add up the scores for statements 16-22 → Secure total is high (and higher than the others):

- You're likely in a secure attachment zone (comfortable with intimacy, autonomy, and healthy relationships).

### Notes & Nuance

- It's possible more than one style shows up strongly — this is normal. Attachment styles often exist on a continuum rather than as neat categories.
- A higher insecure score (anxious, avoidant or disorganised) doesn't mean you're "broken" — it means there are patterns worth noticing, understanding and possibly working on.
- Research shows that attachment style correlates with psychological well-being: people with more secure attachment tend to report higher well-being; higher attachment anxiety or avoidance correlate with lower well-being.
- Attachment styles can shift over time — with self-awareness, supportive relationships & therapy



## What the totals suggest (guide only)



### Anxious

You may be hyper-aware of relational threats, crave reassurance, feel fearful of abandonment.

**Helpful next steps:** Build self-soothing tools, notice your inner voice when you're seeking reassurance, practice communicating clearly your needs rather than demanding or reacting.



### Avoidant

You might keep emotional distance, feel uncomfortable with depending on others, prioritise independence over intimacy.

**Helpful next steps:** Explore what closeness means for you, allow small steps of vulnerability, practice asking for help and letting people in.



### Disorganised

You may feel caught between wanting connection and fearing it, behave inconsistently, experience emotional volatility or shut-down.

**Helpful next steps:** Recognise the patterns (push-pull, self-sabotage, unexpected reactions), explore trauma or early relational experiences with support.



### Secure

You're in a healthy relational zone — you value yourself, value others; you can trust, rely, communicate, and recover from stress.

**Helpful next steps:** Keep nurturing those skills; remain open to growth as life and relationships evolve.



## Final Thoughts and Reflection Questions

This quiz isn't about locking you in a label - it's about shining a light. Use the insights to ask yourself these reflective questions:

- What do I bring into my relationships? What patterns keep turning up? Where do I want to grow?

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- Which statements jumped out? How do these show in my life? What would feel different if I leaned more into secure attachment behaviours?

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***Even if you lean insecurely, change is possible - attachment styles aren't fixed.***

We encourage you to share this quiz with a trusted partner/friend and talk about what comes up - mutual reflection can help.

Seeking relational or psychological support can help deepen this work and repair attachment wounds - especially for disorganised or high-anxiety/avoidant patterns. Reach out, we would love to support you.



### LET'S CONNECT



1800 501 200



hello@centreself.com.au



Daylesford & Brunswick VIC, Online



www.centreself.com.au