

Attachment Style Questionnaire

_____ Male _____ Female

The following are descriptions of four general relationship styles that people often report

1) **CIRCLE** the letter that corresponds to the style that best describes you or is closest to the way you generally approach close relationships. Choose only one letter.

- A. It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.
- B. I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.
- C. I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.
- D. I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

2) Now please rate each of the relationship styles above according to the extent to which you think each description corresponds to your general relationship style.

	Not at all like me			Somewhat like me			Very much like me
Style A	1	2	3	4	5	6	7
Style B	1	2	3	4	5	6	7
Style C	1	2	3	4	5	6	7
Style D	1	2	3	4	5	6	7