



Optimum Joy

ATTACHMENT STYLE QUIZ

This quiz is designed to help you understand your attachment style. Please answer each question honestly based on your general feelings and behaviors in relationships. There are no right or wrong answers. Choose the answer that best fits you.

After completing the quiz, tally up your scores for each attachment style to determine your primary attachment style. Keep in mind that most people exhibit characteristics of more than one style, and your score may indicate a combination of styles.

1. When it comes to relationships, I generally:

- A. Feel comfortable with intimacy and dependence.
 - B. Prefer independence and self-reliance.
 - C. Crave intimacy but fear rejection.
 - D. Experience intense emotions but struggle with trust.
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2. My view of myself is generally:

- a. Positive and confident.
 - b. Independent and self-sufficient.
 - c. Insecure and seeking validation.
 - d. Unstable and uncertain.
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3. How do you typically handle conflict in relationships?

- a. Open and honest communication.
- b. Avoidance or withdrawal.
- c. Intense emotions and fear of abandonment.
- d. Inconsistent behavior, sometimes aggressive, sometimes submissive.

4. When someone is emotionally distant, I tend to:

- a. Feel secure in the relationship.
- b. Respect their need for space.
- c. Become anxious and seek reassurance.
- d. Experience confusion and fear.

5. My childhood experiences with caregivers can be described as:

- a. Supportive, responsive, and loving.
- b. Emotionally distant or neglectful.
- c. Inconsistent, sometimes overly involved, sometimes neglectful.
- d. Frightening or abusive.

6. When it comes to physical intimacy, I typically:

- a. Feel comfortable and connected.
- b. Prefer emotional intimacy over physical intimacy.
- c. Desire physical intimacy but fear rejection.
- d. Experience intense emotions and mixed feelings.

7. I tend to view others as:

- a. Trustworthy and reliable.
- b. Independent and self-sufficient.
- c. Potentially rejecting or abandoning.
- d. Unpredictable and potentially harmful.

8. How do you typically handle jealousy in a relationship?

- a. Communicate openly and honestly about your feelings.
- b. Distance yourself emotionally.
- c. Become anxious and clingy.
- d. Experience intense emotions, ranging from anger to despair.

9. When making decisions, I rely on:

- a. Myself and my partner's input.
- b. My own judgment and intuition.
- c. My partner's reassurance and approval.
- d. A mix of intense emotions and impulsive actions.

10. How do you typically handle criticism?

- a. Constructively and openly.
- b. Defensively or dismissively.
- c. With intense emotions and fear of rejection.
- d. With unpredictable reactions, sometimes aggressive, sometimes submissive.

11. My level of self-esteem is generally:

- a. A. High and stable.
- b. B. High and independent.
- c. C. Low and dependent on others' approval.
- d. D. Fluctuating and unstable.

12. In relationships, I tend to:

- a. Balance independence and interdependence.
- b. Prioritize independence over intimacy.
- c. Seek constant reassurance and attention.
- d. Experience intense emotional swings and difficulty maintaining boundaries.

13. When faced with challenges in a relationship, I typically:

- a. Work together with my partner to find a solution.
- b. Withdraw or distance myself.
- c. Become anxious and clingy.
- d. Experience intense emotions and difficulty coping.

14. My fear of abandonment is:

- a. Low.
 - b. Minimal.
 - c. High.
 - d. Intense and unpredictable.
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15. I tend to see myself as:

- a. Worthy of love and support.
 - b. Self-sufficient and capable.
 - c. Needy and insecure.
 - d. A mix of positive and negative self-perceptions.
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16. How do you typically handle rejection?

- a. Bounce back quickly and learn from the experience.
 - b. Minimize the impact and move on.
 - c. Experience intense emotions and difficulty moving on.
 - d. Experience a mix of anger, sadness, and confusion.
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17. My comfort level with vulnerability is:

- a. High.
 - b. Low.
 - c. Dependent on the situation.
 - d. Unpredictable and often uncomfortable.
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18. In relationships, I tend to:

- a. Share my thoughts and feelings openly.
- b. Keep my thoughts and feelings to myself.
- c. Over-share and seek constant validation.
- d. Experience difficulty expressing emotions consistently.

19. My need for control in relationships is:

- a. Balanced.
 - b. High.
 - c. High, but often masked by a desire to please others.
 - d. Fluctuating and unpredictable.
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20. Overall, my relationships tend to be:

- a. Satisfying and fulfilling.
 - b. Independent and low-maintenance.
 - c. Intense and emotionally demanding.
 - d. A mix of positive and negative experiences.
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INTERPRETING YOUR RESULTS

Tally how many answers of each letter you selected. Your **highest score** indicates your primary attachment style. If you have **similar Scores**, you may exhibit characteristics of multiple attachment styles.

- **Secure:** Total the points for answers A.
- **Avoidant:** Total the points for answers B.
- **Anxious:** Total the points for answers C.
- **Disorganized:** High scores in both Avoidant and Anxious categories may indicate a disorganized attachment style.

Important Note: This quiz is a simplified tool for self-reflection and does not constitute professional psychological assessment. If you are experiencing significant difficulties in your relationships, consider seeking guidance from a mental health professional.