Attachment Style Quiz

What Is the Attachment Style Quiz?

The Attachment Style Quiz is a self-reflective tool designed to help you understand how you tend to connect with others—especially in close relationships.

Based on early relational experiences (often from childhood), we develop certain patterns of relating. These patterns can shape how we express needs, respond to intimacy, handle conflict, and form emotional bonds.

This quiz helps you explore whether your attachment style leans toward:

- Secure – You feel comfortable with closeness and trust.
- Anxious / Preoccupied – You may fear abandonment and seek reassurance.
- Avoidant / Dismissive – You may value independence and feel discomfort with emotional closeness.
- Disorganized / Fearful-Avoidant – You may feel a push-pull dynamic: craving intimacy but fearing it at the same time.

💡 This is not a diagnostic tool—it's a gentle invitation to better understand your relational patterns and how they may be impacting your connections today. Many people have blended traits, and attachment can evolve with self-awareness, healing, and safe relationships.

This reflective quiz helps you explore your attachment style, based on how you experienced closeness, safety, and emotional support growing up and in adult relationships. Choose the answers that feel most true for you.

1. 1. I find it easy to get emotionally close to others.
2. 2. I'm comfortable depending on others and having them depend on me.
3. 3. I worry about being abandoned or rejected by people I care about.
4. 4. I often find it hard to trust others or rely on them.
5. 5. I feel anxious when I don't know where I stand in a relationship.
6. 6. I prefer not to show others how I feel deep down.
7. 7. I often feel others are reluctant to get as close as I would like.
8. 8. I usually keep some emotional distance in relationships.
9. 9. I feel nervous or overwhelmed when someone gets too close.
10. 10. I struggle with setting or maintaining healthy boundaries in relationships.

Scoring & Interpretation Guide

This guide helps you interpret your responses based on the attachment styles framework. Review your answers and count how many statements you answered as 'True' or strongly agreed with in each category below.

Secure Attachment: If you said 'True' to items 1, 2, you may lean toward this style.

Anxious / Preoccupied Attachment: If you said 'True' to items 3, 5, 7, you may lean toward this style.

Avoidant / Dismissive Attachment: If you said 'True' to items 4, 6, 8, 9, you may lean toward this style.

Disorganized / Fearful-Avoidant Attachment: If you said 'True' to items 5, 9, 10, you may lean toward this style.

Note: Most people show traits from more than one attachment style. This is not a diagnosis, but a reflection tool. Your style can shift over time with healing and secure relationships.