Attachment Style Questionnaire

The following statements concern how you feel in romantic relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by indicating how much you agree or disagree with it. Write the number in the space provided, using the following rating scale:

1 2 3 4 5 6 7
Disagree Strongly — Neutral/Mixed — Agree Strongly

___ 1. I prefer not to show a partner how I feel deep down.
___ 2. I worry about being abandoned.
___ 3. I am very comfortable being close to romantic partners.
___ 4. I worry a lot about my relationships.
___ 5. Just when my partner starts to get close to me I find myself pulling away.
___ 6. I worry that romantic partners won't care about me as much as I care about them.
___ 7. I get uncomfortable when a romantic partner wants to be very close.
___ 8. I worry a fair amount about losing my partner.
___ 9. I don't feel comfortable opening up to romantic partners.
___ 10. I often wish that my partner's feelings for me were as strong as my feelings for him/her.
___ 11. I want to get close to my partner, but I keep pulling back.
___ 12. I often want to merge completely with romantic partners, and this sometimes scares them away.
___ 13. I am nervous when partners get too close to me.
___ 14. I worry about being alone.
___ 15. I feel comfortable sharing my private thoughts and feelings with my partner.
___ 16. My desire to be very close sometimes scares people away.
___ 17. I try to avoid getting too close to my partner.
___ 18. I need a lot of reassurance that I am loved by my partner.
___ 19. I find it relatively easy to get close to my partner.
___ 20. Sometimes I feel that I force my partners to show more feeling, more commitment.
___ 21. I find it difficult to allow myself to depend on romantic partners.
___ 22. I do not often worry about being abandoned.
___ 23. I prefer not to be too close to romantic partners.
___ 24. If I can't get my partner to show interest in me, I get upset or angry.
___ 25. I tell my partner just about everything.
___ 26. I find that my partner(s) don't want to get as close as I would like.
___ 27. I usually discuss my problems and concerns with my partner.
___ 28. When I'm not involved in a relationship, I feel somewhat anxious and insecure.
___ 29. I feel comfortable depending on romantic partners.
___ 30. I get frustrated when my partner is not around as much as I would like.
___ 31. I don't mind asking romantic partners for comfort, advice, or help.
___ 32. I get frustrated if romantic partners are not available when I need them.
___ 33. It helps to turn to my romantic partner in times of need.
___ 34. When romantic partners disapprove of me, I feel really bad about myself.
___ 35. I turn to my partner for many things, including comfort and reassurance.
___ 36. I resent it when my partner spends time away from me.

TO SCORE THIS SELF-REPORT:

1) "Reverse key" items 3, 15, 19, 22, 25, 27, 29,31, 33, 35 (for example, change a score of "2" to a score of "6"). Given that there's been some confusion re "reverse key": it means you should change a score of 1 to 7, 2 to 6, 3 to 5, leave 4 as is, change 5 to 3, change 6 to 2, change 7 to 1.
2) Add up the 18 scores for odd numbered items; then add up the 18 scores for even numbered items.
3) Divide each of these two totals by 18.

You should now have two numbers, each between 1 and 7. The first number (average of odd items) represents avoidance (tendency toward a dismissing state of mind, in Main's idiom); the second number (average of even items) represents anxiety (tendency toward a preoccupied state of mind).