

LONG FORM ATTACHMENT STYLES QUESTIONNAIRE

This questionnaire is a guide to discover your predominant early attachment style. It may also reveal evidence of your attachment style occurring in your adult relationship patterns. When there is a disturbance in attachment, we often experience a mix of models with one predominating. Choose one significant relationship to focus on when answering the questions – otherwise it may become confusing.

Answer each of the following questions with a YES or NO. Circle any you feel you want to highlight as particularly important for you. When there is a majority of “yes” responses, this may indicate your attachment style. Remember many of us have a mix of attachment styles and use this form to identify areas of concern or points of departure for further exploration versus taking on any label. Use this information with kindness toward yourself and others.

SECURE ATTACHMENT QUESTIONNAIRE: **Free to Connect, Explore, and Reflect**

1.	Did you feel a flow of emotional nourishment as a child with your Mother (or Father)?	
2.	Did you feel secure in your connection to your parents and in reconnecting after separations?	
3.	Do you experience a flexible balance between seeking comfort from connection with others and your autonomy in separating to explore the world?	
4.	Were your parents able to be consistent, safe and reasonably reliable so you have confidence in their love and availability?	
5.	Did you believe your Mother or Father would...	
	<ul style="list-style-type: none"> • Be there when s/he is wanted or needed? 	
	<ul style="list-style-type: none"> • Be able and willing to provide what the child needs? 	
	<ul style="list-style-type: none"> • Offer love enthusiastically and consistently, without rejection or withdrawal? 	
	<ul style="list-style-type: none"> • Love effectively by staying in tune with the child, not being intrusive or demanding? 	
	<ul style="list-style-type: none"> • Maintain a sense of safety? 	
	<ul style="list-style-type: none"> • Participate in an easy flow or rhythm between being together and alone? 	
	<ul style="list-style-type: none"> • Be a “good enough” mother , i.e., responsive enough, reliable enough, attuned enough, warm enough, safe enough, etc.? 	
	<ul style="list-style-type: none"> • Have the capacity for repair when there has been lack of attunement or a disruption in the connection? 	
	<ul style="list-style-type: none"> • Be able to contain the baby’s natural aggression and occasional rejection without withdrawing or retaliating? 	
6.	Do you feel resilient in relationships and able to compensate internally for mistakes, lapses, and disappointments without fearing loss of the connection?	
7.	Do you trust in others and in the future in a realistic way?	
8.	Are you able to repair and receive repair attempts from others in relationships?	
9.	Are you comfortable in your own skin when connected in relationship as well as when alone?	
10.	As a child, did you feel balanced in your focus on the environment like playing with toys and your relationship with your Mother?	
11.	Do you feel open to contact in your important relationships?	
12.	Did it feel safe to explore autonomously then reconnect to Mother?	
13.	Do you feel able to reflect on your attachment situation?	
14.	Did your Mother seem easy about your activities – whether you focused on interactions with her or whether you were playing alone and focused on the environment?	

15.	Was your Mother undemanding about your attention to her?	
16.	Were you and your Mother warmly welcoming when you reconnected?	
17.	Was your communication with parents – and is your communication now, – coherent and collaborative?	
18.	Can you shift flexibly between these questions, your own memories, thoughts and feelings easily?	
19.	Can you feel your feelings with out them derailing you?	
TOTAL SCORE for this section		

HEALTHY ADULT RELATIONSHIPS INCLUDE:

1. Satisfying relationships with both men and women
2. Mutual co-regulation and pro-relationship behavior that is reciprocal
3. Resilient self-esteem
4. Happier and calmer emotional life
5. Reality-based optimism for the future
6. Capacity for real intimacy and authentic autonomy
7. Protection from harm outside the relationship and within it
8. Win-win solutions instead of compromise

**QUESTIONNAIRES FOR ATTACHMENT DISRUPTIONS:
AVOIDANT ATTACHMENT QUESTIONNAIRE:
“I Am A Rock, I Am An Island”**

1.	Do you prefer the company of animals instead of people?	
2.	Do you engage in exploration of objects or the non-human world to the near exclusion of relationships?	
3.	Do you feel your Mother was chronically neglectful or “not present” even when she was present physically?	
4.	Do you find it difficult to remember an emotionally felt past?	
5.	Does your recall of the past often only/mostly include factual information versus having a feeling of having personally been there?	
6.	Do you find yourself “justifying” the emotional isolation of your childhood by reasoning that the parent’s lack of presence or harsh criticism helped you develop determination and self-sufficiency?	
7.	Was your Mother overly negative, hostile or rejecting?	
8.	Do you minimize the importance of close relationships?	
9.	Do you ever feel superior in your not needing others?	
10.	Do you act like you don’t need reassurance or encouragement?	
11.	Are you now unable to take in nourishment or receive contact even when it is there? Does the risk of being hurt again seem too high?	
12.	Do you feel you actively reject opportunities for connection?	
13.	Is it difficult for you to find and rely on a human support system	
14.	Do you focus more on work and hobbies than relationships?	
15.	Does too much contact with others make you feel uncomfortable?	
16.	Do you feel alienated or “like an alien”?	
17.	Do you prefer to watch others that interact with them?	
18.	Do you feel like an observer more than a participant in life?	
19.	Are you living more in your thoughts and cognitions?	
20.	Do you feel like you do not belong?	
21.	Is it easier for you to think than to feel emotionally?	
22.	Is it easier for you to think than to feel your body?	
23.	Do you tell yourself that you would rather be alone than with others?	
24.	Do you often find flaws in your partners that sabotage your being close to those who could be a source of real love and nurturing? (The flaws you judge your partners for might be because they are having feelings and expressing needs that you deny in yourself and still need to repress.	
TOTAL SCORE for this section		

QUESTIONNAIRE FOR ANXIOUS OR AMBIVALENT ATTACHMENT:
Loss of Self and Over-focus on Unpredictable Others

1.	Are you always longing or yearning for something or someone?	
2.	Do you feel you seldom get what you want? Does it always feel just out of reach?	
3.	Do you take what is given to you versus asking for and getting what you have decided you really want?	
4.	Is it difficult for you to identify and ask for your needs clearly?	
5.	Do you feel chronically anxious, fretful or worried to the point it feels normal for you long after the conversation has ended?	
6.	Do you often second-guess yourself? Or wish you had said something differently?	
7.	Do you often wonder if anyone will ever see the real you?	
8.	Are you preoccupied with what others think of you or if they value you?	
9.	Do you feel you usually give more to others than others give to you? Does it often surprise you that others do not fully reciprocate?	
10.	Do you do favors in hopes the others will respond to you, reciprocate, or like you more?	
11.	When you give more than you get do you resent this and harbor a grudge?	
12.	Are you more prone to feel sorry for yourself when you have a problem than to take effective action and solve it?	
13.	Do you tend to merge with your partners and feel what they feel or want what they want?	
14.	Is it difficult for you to be alone?	
15.	Is it difficult for you to ask for what you want or need without fearing the other might leave you or be angry with you?	
16.	Does it seem others get more acknowledgment, more recognition or seem to be more popular than you?	
17.	Do you do favors for others in the secret hope it will obligate them to you or insure you against abandonment?	
18.	Do feel a deep wish to be close along with a paralyzing fear of losing love or the relationship?	
19.	Do have obsessive thoughts about how to keep the relationship or the fear of losing it?	
20.	When another is truly available, do you become unavailable?	
21.	Is it difficult for you to trust others to be reliable, consistent and safe?	
22.	Is it difficult for you to receive genuine love when that love or caring is available to you authentically?	
23.	Do you often question whether you are lovable enough?	
24.	Do you often have your personal "radar" on for abandonment or make up fantasies of how your partner may be betraying you or leaving you?	
25.	When love happens or is available, do you negate it by deciding it is too good to be true?	
26.	Do your partners comment that you do not receive their love?	
27.	Do you need constant reassurance about the reliability or trustworthiness of your significant relationships?	
28.	Do you focus more on others and little on yourself?	
29.	Do you lose yourself when you are in relationship?	

30.	Do you neglect yourself and your own needs?	
31.	Do you reject or hate your needs?	
32.	Do you strongly over-focus on trying to get what you need from others or externally?	
33.	Do you idealize others?	
34.	Is it easier to please others than yourself? Is pleasing others more important? Do you over accommodate?	
35.	Do you often secretly feel angry that you give more than you get?	
36.	Were you parents in early childhood on again/off again? Do you project this unpredictable unavailability on your significant others?	
37.	Do you over-function, over-adapt, over-accommodate or over-apologize?	
38.	Do you have trouble taking good care of yourself?	
39.	Do you mostly rely on others to feel good?	
40.	Do you notice you may have a passive-aggressive approach to getting what you want?	
41.	Do you find yourself ready to apologize or take responsibility for things you did not do?	
42.	Do you feel you are endlessly in a cycle of frustration and despair?	
43.	Do you want to be close with your partner but feel angry at your partner at the same time?	
44.	Do you send mixed messages like taking your partner out for a romantic dinner and then picking a fight with them?	
45.	Does your over focus on your partner keep you from finding and maintaining a sense of your autonomy in the world?	
46.	Did you often have to show exaggerated distress to garner your parents' attention?	
47.	Do you feel a need for excessive dramatic reactions to get your partner's attention now?	
TOTAL SCORE for this section		

Anxious to Please by James Rapson and Craig English

NOTES:

Anxious Attachment Symptoms:

1. Constant anxiety
2. Crippled self-esteem
3. Depression
4. Disruption in family relationships
5. Futility in the workplace
6. Obsessive thoughts
7. Constant need for reassurance
8. Undermined romantic Intimacy

DISORGANIZED ATTACHMENT QUESTIONNAIRE: **Scars of Unresolved Trauma and Severe Loss**

1.	Did you often fear one or both of your parents?	
2.	Were you often overwhelmed by a chaotic parent?	
3.	Do you feel thwarted in attempting to bond with or seek soothing from the very parent terrifying you?	
4.	Were your parents often frightened or dissociated themselves?	
5.	Did you try to parent your parent in order to calm them down? (role inversion and generational boundary rupture)	
6.	Did you try to control your parent(s)?	
7.	Do you find yourself to be controlling in your adult relationships now?	
8.	Do your partners comment or complain that you are controlling in the relationship?	
9.	Do you often exhibit fear in your relationships?	
10.	Do you experience discontinuity in your thinking or emotional states?	
11.	Do you often feel stumped by problems and feel they are unresolvable?	
12.	Do you have an exaggerated startle response when others approach you unexpectedly?	
13.	Do you often expect the worst to happen in the relationship?	
14.	Do you project or expect catastrophic outcomes?	
15.	Do you have dissociative tendencies especially related to relational triggers?	
16.	Are there things in your childhood you feel it is best to forget?	
17.	Are you stuck in approach-avoidance patterns in your important relationships with others? For example: You want closeness but are also afraid of the one you desire to be close with?	
18.	Do you sometimes feel paralyzed in relationships?	
19.	Do you feel frozen with fear at times in relationships?	
20.	Is it difficult for you to think clearly?	
21.	Is it difficult for you to be clear about your feelings?	
22.	Do you have trouble feeling your sensations and be embodied in your relationships with important others?	
23.	Do you have trouble setting boundaries when needed in your relationships?	
24.	Do you have trouble saying no when needed?	
25.	Do you have a hard time discussing and feeling the feelings related to your past attachment situations and reflecting on your experience?	
26.	Are you easily confused or disoriented?	
27.	Do you override your instinctive self-protective responses when possible danger is present?	
TOTAL SCORE for this section		

You may want to draw a picture of your Family of Origin and of your Family now.