Attachment Style Questionnaire

1 2 3 4 5 6 7 Disagree Agree Strongly Strongly Neutral/Mixed	e Seguina de la compansión de la compans
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.

- 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). At the workshop we'll be talking more about what this all might mean.