

Attachment Quiz

This quiz will help you gain insight into which attachment style most closely aligns with your behaviors and beliefs about yourself, and to see if there are any areas of your life where you exhibit different types of attachment.

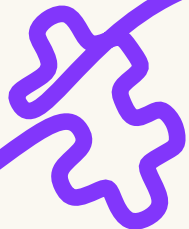
You'll be asked a series of questions across four key domains: Childhood, Family Relationships, Relationships with Friends, Self-Concept, School & Work, and Attaining Goals & Needs. Each of these areas plays a role in shaping how you connect with others and how you view yourself in the world.

For each question, circle the option that best describes you. If more than one feels accurate, choose the one that resonates most of the time. If you're unsure how to answer, consider how you tend to respond in new, stressful, or unfamiliar environments—these moments often reveal the shadow of an insecure attachment style.

At the end of the quiz, tally up your responses (A, B, C, & D). Your most frequently chosen answer type will indicate your dominant attachment style.

Approach this with openness and honesty—self-awareness is the first step toward meaningful growth.
With warmth and best wishes,

Dr. Judy



Childhood:

1 - Would you describe yourself as a curious and exploratory child?

- A Yes, and especially if my primary caregiver was around.
- B Yes, and I explored rather well whether my primary caregiver was around or not.
- C I explored more with my primary caregiver present than if they were not there, but was still very cautious and a bit nervous.
- D No, I was very scared to explore, and a lot of things felt frightening or foreign to me.

2 - How do you think your primary caregiver felt about you?

- A I consistently felt valued and loved by them.
- B My primary caregiver seemed to care a lot about other things they seemed busy and often distracted, so I relied more on myself.
- C It was hard to know how they felt about me; sometimes they were very doting and other times they were distant.
- D My primary caregiver was unpredictable, neglectful, and/or abusive. I had a confusing relationship with them.

3 - What usually happened when your primary caregiver left you alone with others to look after you or play with you?

- A I missed their presence but then gradually warmed up to others that were around.
- B I found ways to make myself feel better without asking others for help.
- C I was very sad and scared without them and had a hard time doing things until they returned.
- D I was extremely upset and even inconsolable for long periods of time when they left. When they returned, I was still mad at them for leaving and would express my upset to them.

4 - How did you respond to new people you were introduced to if your primary caregiver(s) was/were also around?

- A If my caregiver seemed to support it, I was pretty comfortable being social with new people.
- B I didn't necessarily care that much about interacting with them—I could play on my own and entertain myself.
- C Even with my caregiver there, I had difficulty warming up to new people and felt nervous around them.
- D I was often more interested in doing things with these new people than my own caregiver(s).

5 - How did your caregiver react when you expressed negative emotions?

- A They allowed me to express my feelings and comforted me.
- B My caregiver didn't like it when I expressed negative emotions. They told me to stop being upset or to stop being sensitive.
- C They appeared to be very anxious or stressed when I was upset. Sometimes they were so upset themselves that they were not available to really support me.
- D My caregiver often reacted in a way that made me feel unsafe. I was afraid to set them off or lose their support.

6 - Did you feel that you could count on your caregiver(s) to support you?

- A For the most part, I felt that they would support me no matter what.
- B My caregiver(s) seemed to care for me more when I was achieving things or doing things for them. Sometimes they gave me responsibilities I wasn't equipped to handle as a child, so it felt like I was supporting them.
- C Sometimes they were supportive but almost overly so, in an intrusive or overprotective way. They seemed anxious about potential bad outcomes or consequences.
- D My caregiver disappointed me a lot and over time I just learned to not expect much or any support from them at all.

Family Relationships:

7 - What is your relationship like with your family now?

- (A) Every family has its difficulties, but we generally get along well.
- (B) I'm pretty independent and don't feel particularly close to my family. Their opinion matters less to me than opinions of non-familial people or my own opinions.
- (C) I find myself constantly seeking their validation and approval for things I do or feeling like I don't know where I stand with them.
- (D) I have a lot of anger and resentment toward some members of my family, but I also want them to care about me and love me. It's very stressful every time I have to interact with them.

8 - What do you remember about your parents' relationship growing up?

- (A) They generally seemed connected to each other in a positive way (and if they were not a couple, they seemed to co-parent effectively).
- (B) They seemed generally disconnected from each other, whether they were together as a couple or not.
- (C) I witnessed a number of arguments between them. One of them seemed more invested in the relationship than the other person and sometimes one or both of them would act more insecure about the relationship.
- (D) I witnessed or learned about severe arguments and even abuse. Sometimes I was the subject of their arguments or fights. They made me feel like it was my fault they didn't get along.

9 - What are some of your most vivid memories with family members?

- (A) I remember a lot of the good times—happy memories of fun activities, trips we took as a family.
- (B) I remember my family congregating around my activities, particularly my achievements—and I remember being tasked with a lot of responsibilities starting at a young age.
- (C) I remember feeling left out a lot or not quite knowing where I belonged within the family. Sometimes I felt like I had to vie for family members' attention.
- (D) Many of my memories about my family are negative, and sometimes, I even feel like huge sections of my memories from childhood are missing or blurred.

10 - What is your relationship like with siblings, if you have any (and/or other close familial peers, such as cousins with whom you spent a lot of time/grew up together)?

- (A) We generally get along, even if I do have some that I am closer to than others.
- (B) I am generally the favored one and I like it that way. If I am being honest, I sometimes feel competitive with my siblings.
- (C) I find myself feeling like my sibling or cousin is favored over me and wanting to prove myself to gain more positive attention.
- (D) I have a lot of confusing feelings about my siblings and/or cousins. Sometimes I love them and other times I want nothing to do with them.



Relationships With Friends:

11 - How are you at making new friends and interacting with strangers?

- (A)** I generally have very little problems making new friends or striking up conversations with new people.
- (B)** I am generally independent and don't need a lot of friends to have a good time. But I have a fair number of acquaintances and new friends in my life most of the time depending on what my interests are or who I am working with.
- (C)** I really want to make friends but am often worried whether people really like me. Sometimes I won't initiate a friendship unless I'm pretty sure they're going to reciprocate. I'm unlikely to start a conversation first with a stranger.
- (D)** I want connection with others but it has been hard to keep long-term friendships. I'm often hot and cold with them, and there isn't a lot of stability in my friendships.

12 - How are you at opening up to others?

- (A)** I can get to know a new person pretty easily and don't have much of a problem trusting people who seem trustworthy.
- (B)** It takes me a long time to open up to people, but I don't mind learning about them first and can be a good listener.
- (C)** I sometimes tell them a bit too much about myself too early, and I spend a lot of time making sure that they like me. I tend to become very friendly and personal with people with whom I have professional relationships.
- (D)** I really want to be close to people but find it very difficult to trust them. Sometimes I find myself testing them to make sure they aren't going to do something terrible to me, and I tend to get suspicious about what people's true intentions are.

13 - What do you believe about friends?

- (A) Good ones may be hard to find, but I have some that I can trust through thick and thin, and they are almost like extended family members to me.
- (B) You don't really need many friends—and I don't really particularly depend on friends to do what I need to do on a daily basis.
- (C) You have to keep them interested and engaged or else they might forget about you or make other friends that they find.
- (D) They are likely to disappoint you, so it's best to keep your guard up so that you aren't caught in a vulnerable spot when they do something to upset you.

14 - How are you with long-term friendships?

- (A) I have a few close, long-term friends whom I cherish.
- (B) I tend to value my independence rather than deep emotional ties with people.
- (C) When I haven't spoken to them in a while, I wonder if they're upset with me. I sometimes wonder if I stop doing things for others whether they'll still care about me.
- (D) I tend to write people off quickly if they've made a mistake, so I don't tend to have many long-term friendships.



Romantic Relationships:

15 - How do you usually feel and behave in romantic relationships?

- (A)** I feel comfortable depending on my partner for emotional support. I can also depend on others for that support if my partner isn't available.
- (B)** I'm not too attached to my romantic partners and tend to always have a life of my own. I don't tend to ask them to help when I'm going through something difficult.
- (C)** Sometimes people describe me as clingy or too invested in my partners. When they're upset, I take on all their burdens and feel just as devastated as they do. And sometimes, I act a bit jealous or possessive.
- (D)** Sometimes I act out in my relationships to test how much my partner loves me. Then I feel guilty and try to do things to make up for my actions.

16 - What do you believe about your romantic life?

- (A)** I'm confident there are and/or have been people who really care about and love me.
- (B)** I think others care for and love me, but I don't invest too deeply in people or relationships—I also feel fine on my own.
- (C)** I fall in love quickly and deeply but frequently wonder if people will love me the same way back.
- (D)** I can't depend on others to meet my needs, so I keep them at arm's length. That way I'm not surprised when they leave me or do something to disappoint me.

17 - How are you with breakups?

- (A) After a period of mourning, I can generally move on.
- (B) I seem to walk away pretty easily after a breakup, generally unscathed. And I'm not necessarily in a rush to get into another serious relationship after a breakup.
- (C) I have a difficult time recovering after a breakup. I feel pretty devastated without them and sometimes fear I'll end up alone.
- (D) I usually go through a period of acting out or somewhat impulsive behaviors. Sometimes I get on a string of rebound relationships or I do something self-destructive like drink too much or engage in severe emotional eating.

18 - How do you approach closeness and emotional intimacy in romantic relationships?

- (A) I'm comfortable with closeness and intimacy with the right people.
- (B) I generally don't like to be too close with others, to rely on them too much, or have them know too much about my inner thoughts. I tend to be more comfortable with physical, rather than emotional, intimacy.
- (C) I want desperately to be close to others, but find that I'm always the one who seeks that more than the people I'm in relationship with.
- (D) I go back and forth between wanting closeness and being angry and pushing people away.

19 - Which of these patterns best describes you in romantic relationships?

- (A) I'm excited about romantic relationships, enjoy dating, and like being in meaningful relationships, but also fare okay or even well when I am single.
- (B) I like being in relationships to an extent but I tend to prioritize other things in life over my romantic life.
- (C) I would describe myself as a serial monogamist—I don't generally like to be single.
- (D) I have a hard time being without my partner, but when they return, I feel suffocated and want to escape. Sometimes I'm angry or resentful toward my partner without a specific reason.

Self-Concept:

20 - How do you feel about yourself generally?

- A There's room for improvement, but I generally feel okay or good about myself.
- B I feel great about myself especially when I am achieving my goals and making headway on accomplishments—especially if I am doing this better than other people.
- C I don't feel good about myself unless other people tell me I'm okay or reassure me in some way. I worry that others are more successful, attractive, or competent than me.
- D I sometimes despise or hate myself, and I don't know how to change that. I also frequently have feelings of emptiness and don't know why that happens.

21 - What is your self-esteem dependent upon?

- A My self-esteem tends to depend on my own beliefs, thoughts, and feelings. I can feel okay or good about myself even if I had a challenging day.
- B My self-esteem is very dependent on what I do for a living, whether I am achieving my goals or feel I am accomplishing something important.
- C My self-esteem varies greatly depending on what is happening that day, how people treat me or respond to me.
- D My self-esteem is pretty erratic—I can't seem to figure out why some days I feel good and other days I feel terrible about myself.

22 - How do you deal with negative thoughts?

- A I have good and bad days but can generally recover decently from negative thinking.
- B When I have negative thoughts, I try to avoid thinking about them or push them away.
- C I have a lot of self-deprecating thoughts and sometimes it's hard to think positively.
- D My negative thoughts feel unmanageable at times. I sometimes or often believe I am deeply flawed and broken, and that no one and nothing can fix me.

23 - How are you at managing your physical and mental health?

- (A) I know it's important, so I try to develop good habits for my body and mind.
- (B) I pride myself on focusing on my own well-being. Sometimes important people in my life tell me that I focus more on my own well-being than on their needs.
- (C) I fall short of the goals I set for myself and feel that others have it better than me.
- (D) I find myself wondering if I really deserve to have good things happen to me, so sometimes I neglect or self-sabotage my physical and mental health.

24 - How are you with being alone and on your own?

- (A) I enjoy being on my own, but also enjoy being with people I care about.
- (B) I highly value my independence and often prefer to do things on my own. It gives me a sense of accomplishment when I do something on my own that others do in groups.
- (C) I feel lost and anxious when I'm alone for too long. I try to avoid this by keeping myself busy with others—sometimes even doing activities I'm not that into just so I don't have to be alone.
- (D) I'm afraid of some of my own thoughts when I'm alone, so I often distract from these thoughts by doing things that help me to escape my reality, like emotional eating, binge watching TV, and even addictive behaviors like using alcohol and drugs too much.

25 - Which of the below best describes your worldview?

- (A) There are plenty of people who are trustworthy, and a small handful who aren't.
- (B) It's better to invest in things rather than people, because people disappoint you. That's why I value independence more than deep emotional ties with people.
- (C) Most people don't tell you what they are really thinking, so you have to be proactive and try to find out the truth for yourself and make sure they don't mislead you.
- (D) Most people can't be trusted, and they'll hurt or even abuse you if they have the chance.

School & Work:

26 - What best describes your experience as a student (in childhood and adulthood if applicable)?

- A I was generally confident and did fine in school with teachers and peers.
- B I enjoyed excelling in school and relished doing better than other people.
- C I was worried that I would say the wrong thing in class and sound stupid or that other students wouldn't like me, so I was somewhat timid and didn't initiate as much I would like socially and/or academically.
- D I had significant difficulty making friends or making consistent headway on my academics.

27 - How did you interact with teachers when you were in school?

- A I enjoyed positive attention from my teachers, but was okay if I wasn't their favorite student.
- B I strived to be the best and greatly enjoyed being rewarded with positive attention from teachers, especially if it was clear that I was one of their favorite students.
- C I worked very hard to make sure my teachers liked me and sometimes or often worried that I didn't measure up to other students.
- D I had a hard time bonding with teachers consistently. I acted out in class, sometimes for attention, and became angry or frustrated with many of my teachers.

28 - How are you at work?

- A I can focus on the tasks I'm assigned and do a pretty good job.
- B I love focusing in on work, so much so that I sometimes neglect the social interactions in my workplace.
- C I end up trying to make my supervisors and coworkers like me more than focusing on the tasks I'm assigned.
- D I have difficulty holding on to jobs and can get into some pretty big conflicts with supervisors and coworkers.

29 - How are you at getting along with colleagues?

- (A) I can generally work well with most people.
- (B) I tend to take the lead in almost all teamwork, and can be somewhat critical of others' approaches if I don't agree with them.
- (C) I worry about whether my colleagues like and respect me, but sometimes have trouble speaking up in group settings.
- (D) I have difficulty trusting others in groups and can get derailed from the purpose of the task or project due to interpersonal arguments or frustrations.

30 - How are your relationships with supervisors and bosses?

- (A) I can generally get along with them if I figure out their work style and what they expect from me.
- (B) I generally get along well with supervisors because I work very hard to make sure I go above and beyond expectations, even if it is at the expense of my personal and social life.
- (C) I am often nervous about whether I am meeting expectations and need reassurance from them to make sure I'm meeting goals.
- (D) I have a lot of negative feelings with people in authority positions and will sometimes challenge them, so it can be hard to get along harmoniously with a supervisor or boss.

31 - When you start a new job or get a promotion, what are you usually like?

- (A) I feel good about my accomplishment and work to be effective at my job.
- (B) I love the challenge of a new position and throw myself into becoming the best, sometimes at all costs.
- (C) I constantly feel worried that I don't deserve my position and that someone might discover that I can't do my job as well as they thought.
- (D) I have difficulty with new jobs and can feel a bit confused about what to aim for and where to go next in my career.

Attaining Wants, Goals, & Needs:

32 - How are you at communicating your wants, needs, and opinions?

- (A) I can assertively communicate my wants, needs, and opinions.
- (B) I can sometimes be a bit forceful in asserting my wants and needs and, if I feel stifled, I get frustrated and upset.
- (C) I tend to avoid talking about my own wants, needs, and opinions and try to take care of the needs of those around me.
- (D) I often don't know what I want or need—my ideas can change often and somewhat randomly.

33 - Do you feel comfortable asking for help when needed?

- (A) I'm comfortable asking for help from people I love and trust.
- (B) I don't like asking others for help and prefer to rely on myself.
- (C) I'm uncomfortable with asking for help because I don't want to seem too needy or dependent.
- (D) I don't bother asking people for help because they won't really want to help me anyway. But it makes me sad thinking about the fact that I have such little support.

34 - How do you feel about communicating with important people in your life?

- (A) I find it relatively easy to be emotionally open with people close to me. I feel comfortable expressing my opinion, even if it means disagreeing with someone I care about.
- (B) I don't generally like to talk too much about my deepest thoughts or feelings. I like to keep some things to myself.
- (C) I often worry that people in my life will stop loving me or that they might leave me. I have difficulty speaking assertively about my opinions, especially if it means disagreeing with someone I care about.
- (D) I go back and forth between wanting to tell people my innermost thoughts and pushing them away.

35 - How are you with dealing with people's feelings?

- (A) I am open to hearing others' feelings and feel comfortable taking care of them when they are upset, but if it becomes too taxing for me, I know to take a break or ask others to also help support the person I care about.
- (B) I am uncomfortable around people who seem highly emotional, and generally dislike conversations about emotions.
- (C) I become very mission driven to try to solve other people's emotional problems, even if it means that I suffer or have to give up some of the things I need or want to do that day.
- (D) I often think other people's negative emotions are about me, and may end up being confrontational with them when they're feeling upset.

36 - How do you manage conflict with important people in your life?

- (A) I don't love conflict but can manage it.
- (B) I am pretty good with compartmentalizing conflicts, and can focus on something else until I have time to resolve the conflict.
- (C) If conflicts aren't resolved immediately, I get very anxious and scared about the state of that relationship.
- (D) When a conflict happens, it's easier to end the relationship than to try to work it out.

37 - How are you at striving for and reaching goals?

- (A) I can reach most of my goals if I put in my best effort.
- (B) I'm really good at reaching goals, and when I'm upset about something that happened with other people, I tend to focus even harder on goals and achievements to make me feel better.
- (C) I try really hard to reach my goals but seem to always come up short. I question my own abilities and skills more often than others.
- (D) It really depends—sometimes I feel like I can reach my goals, but often right before I make headway I sabotage my own efforts and then beat myself up about it.

Scoring & Interpreting Your Quiz

Count up the number of check marks that are associated with each letter (A, B, C, D).

Mostly As = Secure Attachment: _____

Mostly Bs = Avoidant Attachment: _____

Mostly Cs = Anxious Attachment: _____

Mostly Ds = Disorganized Attachment: _____

The category for which you have the most check marks is your primary attachment style.

After tallying up your results, go to the next page for an in-depth description of each of the L.I.F.E. obstacles.



Secure Attachment: The Connected Explorer

You have a generally positive view of self and others; your sense of self is not overly dependent on what others think of you, what happens in a given day, or your accomplishments in life. You're comfortable with emotional intimacy and can usually form healthy, stable relationships. You generally stay connected to people who matter to you while pursuing your individual goals.

Avoidant Attachment: The Fiercely Independent

Self-sufficiency and self-reliance are the watchwords of the Fiercely Independent. In fact, if this is your style, you probably feel more comfortable chasing achievements and praise than pursuing intimacy and relationships. You're very goal-oriented, and it's likely hard for you to depend on others. Your parents may have set high expectations for you to take care of yourself even as a child, and now you generally fly solo and don't often ask for help even when you need it.

Anxious Attachment: The Wounded Warrior

You tend to have high anxiety about your relationships and worry about being abandoned or rejected by others. You get a self-esteem boost when people are positive about you, and your self-esteem can get rocked if you don't get good feedback—even if it's about something minor. It can be tough for you to reach goals or even have the confidence that you can get what you want, and unless someone is fully cheering you on, you can give up on yourself. Your parents may have made you feel insecure about their love and care for you, so you've become overly concerned with earning others' approval through people-pleasing behaviors because this also ensures their support and reduces your anxiety.

Disorganized Attachment: The Surveillance Specialist

You may see danger lurking around every corner and tend to be on high alert even when you don't necessarily need to be. This is because your parents may have been unpredictable or even abusive. As a result, it may be challenging for you to form stable relationships and manage conflicts in a consistent way. You may exhibit push-pull (or approach-avoid) dynamics in both relationships and goal pursuits. Your self-concept may vary more often than the other attachment styles.