



ATTACHMENT STYLE QUESTIONNAIRE

Our attachment style depends on our experiences in the early environment. According to psychology: attachment can be defined as a deep and enduring emotional bond between two people, usually a mother and her child. Attachment formation is essential for a child's developmental needs as it later become a basis to adult relationship formation. This questionnaire is a guide to find your early attachment style.

Please answer the questions below as honestly as possible to find your indicators.

Secure attachment Pattern - As a child, did you or have you.....

1. Feel that you receive a fulfilling emotional nourishment as a child from your mother (or father)? [Yes/No]
2. Feel secure in your connection to your parents, even when separated or absent? [Yes/No]
3. Experience a flexible and balance connection to your parents when seeking comfort? [Yes/No]
4. Experience a flexible and balance connection to others when separated and explorative? [Yes/No]
5. Experience love, attention and availability from your parents? [Yes/No]
6. Feel safe, secure and confidence in their presence? [Yes/No]
7. Feel that your needs and wants were met as a child? [Yes/No]
8. Feel that communication with your parents were coherent and collaborative as a child? [Yes/No]
9. Feel that your parent listened to you and value you, as a child? [Yes/No]
10. Feel that you could trust your parents to return when you were separated or left with others? [Yes/No]
11. Feel safe to explore your immediate environment and play? [Yes/No]
12. Feel comfortable in your skin? [Yes/No]
13. Feel liberated to express your emotions and feelings when happy or upset? [Yes/No]
14. Feel that your parents were attuned to your needs and wants? [Yes/No]
15. Feel that your parents interacted with you, play with you sufficiently and lovingly? [Yes/No]
16. Feel that you parents spent time nurturing you and cared for you? [Yes/No]
17. Consistently felt that your parents were present and attentive to your needs and wants? [Yes/No]
18. Feel supported and nurtured when exploring and learning new skills? [Yes/No]
19. Feel and experienced love, even when you were naughty, mischievous or bad? [Yes/No]
20. Feel and experienced being loved? [Yes/No]

Number of Yeses	Number of Nos

If the majority of your answers are ‘Yes’, there is a strong possibility that your attachment pattern is **Secure** within your relationship with your parents as a child. If your answers are mainly ‘No’ – try the following sets of questions below.

To Summarise, qualities of a **Secure attachment pattern** include:

- Trusting
- Feel secure and comfort in your skin
- Assertive
- Loving, nurturing and caring towards Self and others
- Able to establish healthy relationship with others
- Confident
- Emotionally and psychologically stable
- Have a healthy balance narcissistic and egoic needs
- Have a strong sense of worth and self-esteem
- Socially connected and supportive of Self and others



Insecure (Fearful Avoidant) Attachment Pattern - As a child, did you or have you.....

1. Feel that you receive an unfulfilling emotional nourishment as a child from your mother (or father)? [Yes/No]
2. Feel insecure in your connection to your parents, even when separated or absent? [Yes/No]
3. Experience an inflexible and unbalance connection to your parents when seeking comfort? [Yes/No]
4. Experience an inflexible and unbalance connection to others when separated and explorative? [Yes/No]
5. Experience fear, reluctance, and mixed negative emotions from your parents? [Yes/No]
6. Feel unsafe, insecure and lack confidence in their presence? [Yes/No]
7. Feel that your needs and wants were unmet as a child? [Yes/No]
8. Feel that communication with your parents were incoherent and uncollaborative as a child? [Yes/No]
9. Feel that your parent ignored or avoided you and devalue you, as a child? [Yes/No]
10. Feel that you lack trust that your parents would return when you were separated or left with others? [Yes/No]
11. Feel unsafe to explore your immediate environment and play? [Yes/No]
12. Feel uncomfortable in your skin? [Yes/No]
13. Feel rejected your emotions and feelings were expressed? [Yes/No]
14. Feel that your parents were misaligned to your needs and wants? [Yes/No]
15. Feel that your parents avoided playing with you or were absent when they were physically there? [Yes/No]
16. Feel that you parents were unable or unwilling to spent time nurturing you or caring for you? [Yes/No]
17. Consistently felt that your parents were absent and inattentive to your needs and wants? [Yes/No]
18. Feel unsupported and fearful when exploring and learning new skills? [Yes/No]
19. Feel and experienced anxiety, emotional or physical trauma, neglect or abuse? [Yes/No]
20. Feel and experienced being unloved? [Yes/No]

Number of Yeses	Number of Nos



If the majority of your answers are 'Yes', there is a strong possibility that your attachment pattern is **Insecure (Fearful-Avoidant)** within your relationship with your parents as a child.

To Summarise, qualities of an **Insecure (Fearful-Avoidant) pattern** include:

- Having difficulty trusting people
- Deeply insecure, with low Self-Confidence and low Self-Esteem
- Highly emotional and prone to extreme mood swings
- Tend to seek faults in the relationship
- Seek to leave the relationship
- Fear close intimacy
- Withdrawal from relationship, distant or feel isolated in relationships
- Resistance to commitment, intimacy, and affection
- Cannot demonstrate physical intimacy or avoid intimacy altogether
- Have conflicted feeling in relationship
- Crave intimacy but unable to accept it at the same time.
- Numbness or absent of emotions and feelings in intimate relationship

Anxious (Pre-Occupied) Attachment Pattern - As a child, did you or have you.....

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| 1. Feel anxious, worry or confused about your mother (or father)? | Yes/No |
| 2. Feel emotional, whiny or clingy about your connection to your parents, when separated or absent? | Yes/No |
| 3. Experience absent of emotion from your parents when seeking comfort? | Yes/No |
| 4. Experience an inconsistency in connection to others when separated and explorative? | Yes/No |
| 5. Experience detachment, ambivalent and unavailability from your parents? | Yes/No |
| 6. Feel unsafe, insecure and apathetic in their presence? | Yes/No |
| 7. Feel that your needs and wants were unrecognised and unmet as a child? | Yes/No |
| 8. Feel that communication with your parents were confusing and lacking as a child? | Yes/No |
| 9. Feel that your parents were often absent or inconsistent to you, as a child? | Yes/No |
| 10. Feel that you distrust your parents to return when you were separated or left with others? | Yes/No |
| 11. Feel unsafe to explore your immediate environment and play? | Yes/No |
| 12. Feel inconsolable when your parents leave? | Yes/No |
| 13. Feel very upset, crying constantly, clinging and needy towards your parents? | Yes/No |
| 14. Feel that you cannot be comforted by your parents or strangers? | Yes/No |
| 15. Feel that you cannot control your emotions? | Yes/No |
| 16. Feel overly dependent of you parents when they are around? | Yes/No |
| 17. Feel that you needed lots of attention from your parents? | Yes/No |
| 18. Feel overly sensitive as soon as they leave the room or not paying you attention? | Yes/No |
| 19. Feel impulsive to outbursts of uncontrollable emotions and mood swings? | Yes/No |
| 20. Feel and experienced unpredictability, instability and uncertainty? | Yes/No |

Number of Yeses	Number of Nos

If the majority of your answers are ‘Yes’, there is a strong possibility that your attachment pattern is **Anxious (Pre-Occupied)** within your relationship with your parents as a child.

To Summarise, qualities of an **Anxious (Pre-Occupied) pattern** include:

- Having difficulty trusting people
- Low Self-Worth and low Self- Esteem
- Passive Aggressive
- Anxious, highly agitated, and hyper-vigilant
- Worries about being abandoned, neglected, or rejected
- Craving close intimacy and love, but unable to express own needs and wants
- Overly dependent in relationships, prone to attract addictive people, prone to co-dependency
- Overly sensitive, emotional, and prone to mood swings
- Highly impulsive, unpredictable, and chaotic
- Socially awkward, prone to social anxiety, and generalised anxiety disorder
- Nervous disposition Frightened to express emotions and feelings or unable to express them completely

Dismissive(Avoidant) Attachment Pattern - As a child, did you or have you.....

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| 1. Feel reluctant to develop a close connection with your mother (or father)? | [Yes/No] |
| 2. Feel shallow and superficial in your connection to your parents, when separated or absent? | [Yes/No] |
| 3. Experience emotional disability, blowing 'hot an cold' seeking comfort? | [Yes/No] |
| 4. Experience an avoidant in connection to others when separated and explorative? | [Yes/No] |
| 5. Experience insubstantial, frivolous and ignorant from your parents? | [Yes/No] |
| 6. Feel unsafe to be emotionally or physically vulnerable in the presence of your parents? | [Yes/No] |
| 7. Feel that your needs and wants were ignored as a child? | [Yes/No] |
| 8. Feel that communication with your parents were trivial and trifling as a child? | [Yes/No] |
| 9. Feel that your parents would often avoid close contact with you, as a child? | [Yes/No] |
| 10. Feel that you distrust your parents to return when you were separated or left with others? | [Yes/No] |
| 11. Feel invisible when exploring your immediate environment and play? | [Yes/No] |
| 12. Feel that you pulled away from your parents when they try to get close? | [Yes/No] |
| 13. Feel very upset, but do not show emotions or vulnerability? | [Yes/No] |
| 14. Feel that you cannot be intimate and would resist close contact by your parents or strangers? | [Yes/No] |
| 15. Feel that you cannot display emotions that convey sensitivity, vulnerability and affection? | [Yes/No] |
| 16. Feel that you sabotage relationships with you parents and others? | [Yes/No] |
| 17. Feel that you needed lots of attention from your parents? | [Yes/No] |
| 18. Feel smothered, trapped and will dismiss your parents and others? | [Yes/No] |
| 19. Feel impulsive to outbursts of uncontrollable emotions and mood swings? | [Yes/No] |
| 20. Feel and experienced and preferred distance in relationships? | [Yes/No] |

Number of Yeses	Number of Nos

If the majority of your answers are 'Yes', there is a strong possibility that your attachment pattern is **Dismissive (Avoidant)** within your relationship with your parents as a child.

To Summarise, qualities of a **Dismissive (Avoidant) attachment pattern** include:

- Tend to avoid intimacy, affection and love from others
- Prefer to have one-night stand and long distance relationships
- Prefer physical sexual acts rather than intimacy
- Highly aloof and can be arrogant
- Have high Self-Esteem, and completely self-reliant
- Uncomfortable opening up to people and in close relationships
- Dismissive behaviours towards others
- Shut people out, blanking and ignoring others and in close relationships
- Believe that you do not need help from others, very independent
- Have difficulties trusting people or relying on others
- Appear to be strong character, will, confident and in control of own life.
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