

FIGURE 1

## Attachment Style Questionnaire

Check the small box next to each statement that is TRUE for you.  
 (If the answer is untrue, *don't* mark the item at all.)

	TRUE		
	A	B	C
I often worry that my partner will stop loving me.	<input type="checkbox"/>		
I find it easy to be affectionate with my partner.		<input type="checkbox"/>	
I fear that once someone gets to know the real me, they won't like who I am.	<input type="checkbox"/>		
I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind.			<input type="checkbox"/>
When I'm not involved in a relationship, I feel somewhat anxious and incomplete.	<input type="checkbox"/>		
I find it difficult to emotionally support my partner when they are feeling down.			<input type="checkbox"/>
When my partner is away, I'm afraid that they might become interested in someone else.	<input type="checkbox"/>		

	TRUE		
	A	B	C
I feel comfortable depending on romantic partners.		<input type="checkbox"/>	
My independence is more important to me than my relationships.			<input type="checkbox"/>
I prefer not to share my innermost feelings with my partner.			<input type="checkbox"/>
When I show my partner how I feel, I'm afraid they will not feel the same about me.	<input type="checkbox"/>		
I am generally satisfied with my romantic relationships.		<input type="checkbox"/>	
I don't feel the need to act out much in my romantic relationships.		<input type="checkbox"/>	
I think about my relationships a lot.	<input type="checkbox"/>		
I find it difficult to depend on romantic partners.			<input type="checkbox"/>
I tend to get very quickly attached to a romantic partner.	<input type="checkbox"/>		
I have little difficulty expressing my needs and wants to my partner.		<input type="checkbox"/>	
I sometimes feel angry or annoyed with my partner without knowing why.			<input type="checkbox"/>
I am very sensitive to my partner's moods.	<input type="checkbox"/>		
I believe most people are essentially honest and dependable.		<input type="checkbox"/>	
I prefer casual sex with uncommitted partners to intimate sex with one person.			<input type="checkbox"/>
I'm comfortable sharing my personal thoughts and feelings with my partner.		<input type="checkbox"/>	

	TRUE		
	A	B	C
I worry that if my partner leaves me I might never find someone else.	<input type="checkbox"/>		
It makes me nervous when my partner gets too close.			<input type="checkbox"/>
During a conflict, I tend to impulsively do or say things I later regret, rather than be able to reason about things.	<input type="checkbox"/>		
An argument with my partner doesn't usually cause me to question our entire relationship.		<input type="checkbox"/>	
My partners often want me to be more intimate than I feel comfortable being.			<input type="checkbox"/>
I worry that I'm not attractive enough.	<input type="checkbox"/>		
Sometimes people see me as boring because I create little drama in relationships.		<input type="checkbox"/>	
I miss my partner when we're apart, but then when we're together I feel the need to escape.			<input type="checkbox"/>
When I disagree with someone, I feel comfortable expressing my opinions.		<input type="checkbox"/>	
I hate feeling that other people depend on me.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, I don't let it faze me. I might feel a pang of jealousy, but it's fleeting.		<input type="checkbox"/>	
If I notice that someone I'm interested in is checking out other people, I feel relieved—it means they're not looking to make things exclusive.			<input type="checkbox"/>
If I notice that someone I'm interested in is checking out other people, it makes me feel depressed.	<input type="checkbox"/>		
If someone I've been dating begins to act cold and distant, I may wonder what's happened, but I'll know it's probably not about me.		<input type="checkbox"/>	

	TRUE		
	A	B	C
If someone I've been dating begins to act cold and distant, I'll probably be indifferent; I might even be relieved.			<input type="checkbox"/>
If someone I've been dating begins to act cold and distant, I'll worry that I've done something wrong.	<input type="checkbox"/>		
If my partner was to break up with me, I'd try my best to show them what they're missing (a little jealousy can't hurt).	<input type="checkbox"/>		
If someone I've been dating for several months tells me they want to stop seeing me, I'd feel hurt at first, but I'd get over it.		<input type="checkbox"/>	
Sometimes when I get what I want in a relationship, I'm not sure what I want anymore.			<input type="checkbox"/>
I won't have much of a problem staying in touch with my ex (strictly platonic)—after all, we have a lot in common.		<input type="checkbox"/>	

\*Adapted from Fraley, Waller, and Brennan's (2000) ECR-R Questionnaire.

Add up all your checked boxes in column A: \_\_\_\_\_

Add up all your checked boxes in column B: \_\_\_\_\_

Add up all your checked boxes in column C: \_\_\_\_\_