



Attachment Style Questionnaire - Short Form (ASQ-SF)

Instructions:

The following are a number of statements with which some people agree and others disagree. Please rate how much you personally agree or disagree with these statements - how much they reflect how you feel or think personally.

		Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree
1	I feel confident that other people will be there for me when I need them	1	2	3	4	5	6
2	I prefer to depend on myself rather than other people	1	2	3	4	5	6
3	I prefer to keep to myself	1	2	3	4	5	6
4	Achieving things is more important than building relationships	1	2	3	4	5	6
5	Doing your best is more important than getting on with others	1	2	3	4	5	6
6	If you've got a job to do, you should do it no matter who gets hurt	1	2	3	4	5	6
7	It's important to me that others like me	1	2	3	4	5	6
8	I find it hard to make a decision unless I know what other people think	1	2	3	4	5	6
9	My relationships with others are generally superficial	1	2	3	4	5	6
10	Sometimes I think I am no good at all	1	2	3	4	5	6
11	I find it hard to trust other people	1	2	3	4	5	6
12	I find it difficult to depend on others	1	2	3	4	5	6
13	I find that others are reluctant to get as close as I would like	1	2	3	4	5	6
14	I find it relatively easy to get close to other people	1	2	3	4	5	6
15	I find it easy to trust others	6	5	4	3	2	1
16	I feel comfortable depending on other people	6	5	4	3	2	1



		Strongly disagree	Disagree	Slightly disagree	Slightly agree	Agree	Strongly agree
17	I worry that others won't care about me as much as I care about them	1	2	3	4	5	6
18	I worry about people getting too close	1	2	3	4	5	6
19	I worry that I won't measure up to other people	1	2	3	4	5	6
20	I have mixed feelings about being close to others	1	2	3	4	5	6
21	I wonder why people would want to be involved with me	1	2	3	4	5	6
22	I worry a lot about my relationships	1	2	3	4	5	6
23	I wonder how I would cope without someone to love me	1	2	3	4	5	6
24	I feel confident about relating to others	1	2	3	4	5	6
25	I often feel left out or alone	1	2	3	4	5	6
26	I often worry that I do not really fit with other people	6	5	4	3	2	1
27	Other people have their own problems, so I don't bother them with mine	1	2	3	4	5	6
28	If something is bothering me, others are generally aware and concerned	1	2	3	4	5	6
29	I am confident that other people will like and respect me	1	2	3	4	5	6

Developer Reference:

Alexander, R., Feeney, J., Hohaus, L., & Noller, P. (2001). Attachment style and coping resources as predictors of coping strategies in the transition to parenthood. *Personal Relationships*, 8(2), 137–152. <https://doi.org/10.1111/j.1475-6811.2001.tb00032.x>

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