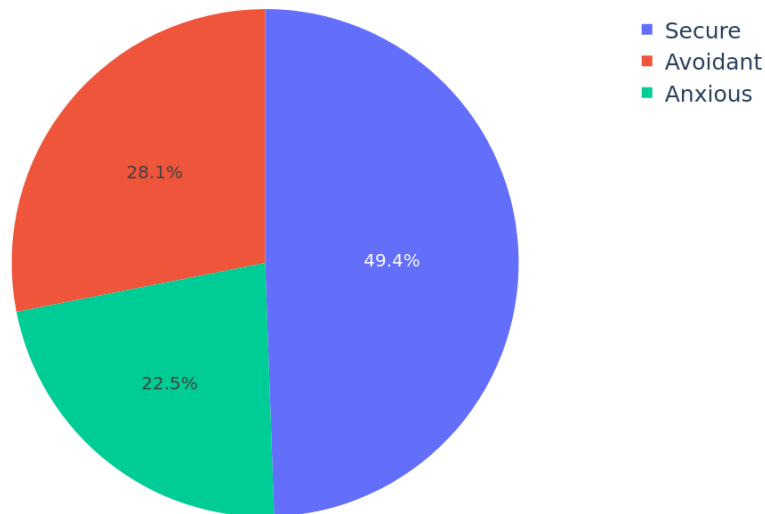


Attachment Style Report

Attachment Style Pie Chart



Anxious: You love to be very close to your romantic partners and have the capacity for great intimacy. You often fear, however, that your partner does not wish to be as close as you would like him/her to be. Relationships tend to consume a large part of your emotional energy. You tend to be very sensitive to small fluctuations in your partner's moods and actions, and although your senses are often accurate, you take your partner's behaviors too personally. You experience a lot of negative emotions within the relationship and get easily upset. As a result, you tend to act out and say things you later regret. If the other person provides a lot of security and reassurance, however, you are able to shed much of your preoccupation and feel contented.

Secure: Being warm and loving in a relationship comes naturally to you. You enjoy being intimate without becoming overly worried about your relationships. You take things in stride when it comes to romance and don't get easily upset over relationship matters. You effectively communicate your needs and feelings to your partner and are strong at reading your partner's emotional cues and responding to them. You share your successes and problems with your mate, and are able to be there for him or her in times of need.

Avoidant: It is very important for you to maintain your independence and self-sufficiency and you often prefer autonomy to intimate relationships. Even though you do want to be close to others, you feel uncomfortable with too much closeness and tend to keep your partner at arm's length. You don't spend much time worrying about your romantic relationships or about being rejected. You tend not to open up to your partners and they often complain that you are emotionally distant. In relationships, you are often on high alert for any signs of control or impingement on your territory by your partner.

Your Answers:

Anxious:

Suspicious that you may be unfaithful.

- Gets access to your password and checks your e-mail account.
- Hypervigilant about your whereabouts.
- Goes through your belongings looking for evidence.

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Acts out - instead of trying to resolve the problem between you. <ul style="list-style-type: none"> • Threatens to leave during an argument (but later changes his/her mind). • Doesn't express his/her needs but eventually acts upset about an accumulation of hurts. 	4
Expresses insecurities - worries about rejection. <ul style="list-style-type: none"> • Asks a lot of questions about your past partners to assess where s/he stands in comparison. • Tries to see whether you still have feelings for your ex. • Tries hard to please you. • Fears that you'll stop having feelings toward him/her or will lose sexual interest. 	0
Fears that small acts will ruin the relationship; believes s/he must work hard to keep your interest. <ul style="list-style-type: none"> • Says things like "I called you so many times today, I'm afraid you'll get tired of me" or "I really didn't present myself very well to your family, and now your family will hate me." 	0
Has a hard time not making things about himself/herself in the relationship. <ul style="list-style-type: none"> • If you have to work late when s/he has a party, interprets it as "You don't want to meet my friends." • If you come home tired and don't want to talk, interprets it as "You don't love me anymore." 	0
Has difficulty explaining what's bothering him/her. Expects you to guess. <ul style="list-style-type: none"> • Expects you to pick up from subtle cues that s/he is upset. (If this doesn't work, acts out.) 	0
Is preoccupied with the relationship. <ul style="list-style-type: none"> • At the end of a date, you go home to sleep. S/he goes home to hash out every detail with friends. • When you're not together, calls or texts a lot *or* doesn't call at all and waits for you to call (as a defensive act). • You can tell that s/he thinks about the relationship a lot. 	0
Lets you set the tone of the relationship so as not to get hurt. <ul style="list-style-type: none"> • You call, s/he calls; you say you have feelings, s/he says s/he has feelings for you (at least at first). Doesn't want to take chances. 	0
Plays games to keep your attention/interest. <ul style="list-style-type: none"> • Acts distant and uninterested if you haven't called for a few days. • Pretends to be unavailable or busy. • Tries to manipulate certain situations to make you more available/interested in her/him. 	6
Unhappy when not in a relationship. <ul style="list-style-type: none"> • You can sense that he or she is desperate to find someone even if he/she doesn't say so. • Sometimes the date feels like an interview for the "future husband/wife" slot. 	10
Wants a lot of closeness in the relationship. <ul style="list-style-type: none"> • Agrees to go on joint vacations, move in together, or spend all your time together early in relationship (although might not initiate it). • Likes a great deal of physical contact (holding hands, caressing, kissing). 	0

Secure:

Can reach compromise during arguments. <ul style="list-style-type: none"> • Does his/her best to understand what is *really* bothering you and to address that issue • When you have that you are trying to impinge on his/her territory or other partners are trying to trap him/her into marriage, get his/her money, etc. 	7
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Closeness creates further closeness (rather than distancing). <ul style="list-style-type: none"> • After an emotional or revealing conversation, reassures you and is there for you. Doesn't suddenly get cold feet! • After sleeping together, tells you how much you mean to him/her (not *just* how good the sex was) 	0
Communicates relationship issues well. <ul style="list-style-type: none"> • Makes you feel comfortable for asking about the relationship stands or how s/he sees your future together (even if the answer isn't to your liking). • Tells you something is bothering him or her; doesn't act out or expect you to guess. 	5
Doesn't play games. <ul style="list-style-type: none"> • Doesn't leave you guessing or try to make you feel jealous. • Doesn't make calculations sch as "I already called twice, now it's your turn" or "You waited an entire day to get back to me, now I'll wait a day too." 	0
Doesn't view relationship as hard work. <ul style="list-style-type: none"> • Doesn't talk about how much compromise and effort a relationship takes. • Is open stating a new relationship even when circumstances aren't ideal (e.g. when work/studies take up much time). 	8
Flexible view of relationships. <ul style="list-style-type: none"> • Isn't looking for a particular type of partner; e.g. a certain age or appearance. • Is open to different arrangements - like moving in together, or joint versus separate bank accounts. • Doesn't make sweeping statements like "All women/men want such-and-such" or "After you get married or move in together, they change on you." 	0
Introduces friends and family early on. <ul style="list-style-type: none"> • Wants to make you part of his/her circle of friends. Might not initiate your meeting his/her family, but if you ask to meet them or invite him/her to meet yours, will be happy to. 	5
Makes decisions with you** (not unilaterally) <ul style="list-style-type: none"> • Discusses plans, doesn't like to decide without hearing your opinion first. • Makes plans that take your preferences into account. Doesn't assume s/he knows best. 	3
Naturally expresses feelings feelings for you. <ul style="list-style-type: none"> • Usually tells you early n hows/he feels about you. • Uses those three words "I love you" generously. 	0
Not afraid of commitment of dependency. <ul style="list-style-type: none"> • Doesn't worry that you are trying to impinge on his/her territory or freedom. • Isn't afraid you or other partners are trying to trap him/her into marriage, get his/her money, etc. 	9
Reliable and consistent. <ul style="list-style-type: none"> • Phones when s/he says s/he'll phone. • Makes plans in advance and follows through. If can't make it, gives advance notice, apologizes, and specifies an alternative plan. • Doesn't go back on promises. If s/he can't keep promise - explains! 	7

Avoidant:

Devalues you** (or previous partners) - even if only joking! <ul style="list-style-type: none"> • Jokes about how lousy you are at reading maps or how "cute" it is that you are a roly-poly. • Describes someone s(he was once really interested in but after a couple of dates became turned off by because of some physical feature. • Cheated on a past partner 	0
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Doesn't make his/her intentions clear - leaves you guessing as to his/her feelings. <ul style="list-style-type: none"> • Stays with you for a long time but doesn't say "I love you." • Gets up and walks out in fury. 	8
During a disagreement, needs to get away or "explodes." <ul style="list-style-type: none"> • "You know what, forget it, I don't want to talk about it." • Gets up and walks out in fury. 	0
Emphasizes boundaries in the relationship. <ul style="list-style-type: none"> • Makes you feel that "These are MY friends (or family) - keep out!" • Doesn't want to invite you to his/her place, prefers to spend time at yours. 	0
Has an unrealistically romantic view of how a relationship should be. <ul style="list-style-type: none"> • Talks longingly about finding that one perfect person one day. • Idealizes a past relationship but is vague about what went wrong. • "I don't know if I'll ever be able to feel again the way I did about my ex." 	0
Has difficulty talking about what's going on between you. <ul style="list-style-type: none"> • Makes you feel uncomfortable for asking where the relationship is headed. • When you say something is bothering you, responds "I'm sorry..." without further clarification. • Certain topics are off-limits. 	5
Has rigid view of relationship and uncompromising rules** (which you must comply with) <ul style="list-style-type: none"> • Has a strong preference for a certain "type" of partner: very good-looking or very thin or blond, for example. • Is certain it's best to live in separate houses or not to get married. • Makes sweeping statements like "All women/men want such-and-such" or "After you get married or move in together, they change on you." • Doesn't like talking on the phone even if this is your main way to connect. 	5
Mistrustful - fears being taken advantage of by partner. <ul style="list-style-type: none"> • Is sure that dates are out to "hitch" him/her into marriage. • Fears partner will take financial advantage of him or her. 	7
Sends mixed signals. <ul style="list-style-type: none"> • Seems distant and aloof yet vulnerable at the same time (which you find irresistible). • Sometimes calls a lot and other times not at all. • Says something intimate like "When we move in together..."; but later acts as though you don't have a future as couple 	0
<p>*Plans are left unclear - when you will meet again, when s/he will move in.</p> Uses distancing strategies - emotional or physical. <ul style="list-style-type: none"> • Had a previous partner for six years, but they lived in separate households. • Prefers to go to sleep at home, to use separate blankets, or to sleep in a separate bed. • Prefers taking vacations alone. • Stays a stride ahead of you when you're walking together. 	0
Values his/her independence greatly** - looks down on dependency and "neediness" <ul style="list-style-type: none"> • "I need a lot of space." • "My work takes up so much of my time there's no room for anyone serious in my life right now." • "I could never be with someone who isn't completely self-sufficient." 	0