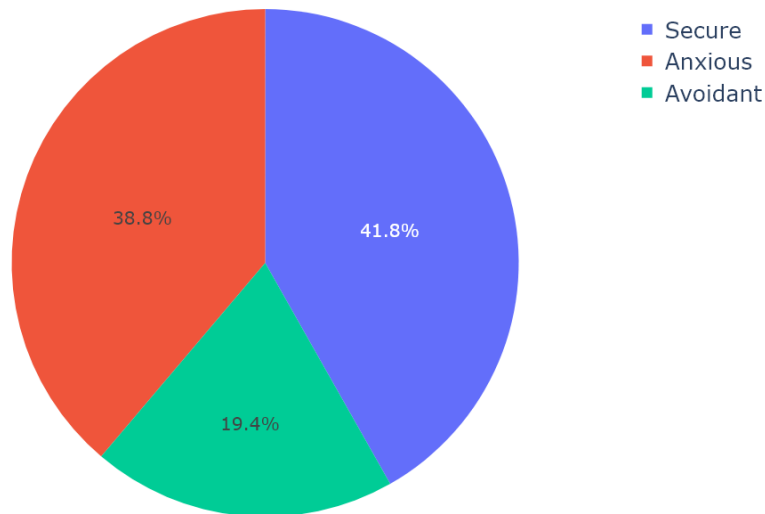


Attachment Style Report

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:

During a conflict, I tend to impulsively do or say things I later regret, rather than be able to reason about things	0
I am very sensitive to my partner's moods	0

I fear that once someone gets to know the real me, s/he won't like who I am	5
I often worry that my partner will stop loving me	0
I tend to get very quickly attached to a romantic partner	0
I think about my relationships a lot	0
I worry that I'm not attractive enough	0
I worry that if my partner leaves me I might never find someone else	8
If I notice that someone I'm interested in is checking out other people, it makes me feel depressed	0
If my partner was to break up with me, I'd try my best to show her/him what s/he is missing (a little jealousy can't hurt)	0
If someone I've been dating begins to act cold and distant, I'll worry that I've done something wrong	0
When I show my partner how I feel, I'm afraid s/he will not feel the same about me	4
When I'm not involved in a relationship, I feel somewhat anxious and incomplete	0
When my partner is away, I'm afraid that s/he might become interested in someone else	9

Secure:

An argument with my partner doesn't usually cause me to question our entire relationship	0
I am generally satisfied with my romantic relationships	0
I believe most people are essentially honest and dependable	10
I don't feel the need to act out much in my romantic relationships	0
I feel comfortable depending on romantic partners	0
I find it easy to be affectionate with my partner	6
I have little difficulty expressing my needs and wants to my partner	0
I won't have much of a problem staying in touch with my ex (strictly platonic) - after all, we have a lot in common	3
I'm comfortable sharing my personal thoughts and feelings with my partner	9
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	0
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	0
If someone I've been dating for several months tells me s/he wants to stop seeing me, I'd feel hurt at first, but I'd get over it	0
Sometimes people see me as boring because I create little drama in relationships	0
When I disagree with someone, I feel comfortable expressing my opinions	0

Avoidant:

I find it difficult to depend on romantic partners	0
I find it difficult to emotionally support my partner when s/he is feeling down	0
I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind	0
I hate feeling that other people depend on me	0

I miss my partner when we're apart, but then when we're together I feel he need to escape	0
I prefer casual sex with uncommitted partners to intimate sex with one person	0
I prefer not to share my innermost feelings with my partner	0
I sometimes feel angry or annoyed with my partner without knowing why	0
If I notice that someone I'm interested in is checking out other people, I feel relieved - it means s/he's not looking to make things exclusive	0
If someone I've been dating begins to act cold and distant; I'll probably be indifferent, I might even be relieved	6
It makes me nervous when my partner gets too close	0
My independence is more important to me than my relationships	0
My partners often want me to be more intimate that I feel comfortable being	7
Sometimes when I get what I want in a relationship, I'm not sure what I want anymore	0