

### Adult Attachment Scale (Collins & Read, 1990)

Please read each of the following statements and rate the extent to which it describes your feelings about romantic relationships. Please think about all your relationships (past and present) and respond in terms of how you generally feel in these relationships. If you have never been involved in a romantic relationship, answer in terms of how you think you would feel.

Please use the scale below by placing a number between 1 and 5 in the space provided to the right of each statement.

1-----2-----3-----4-----5

Not at all  
characteristic  
of me

Very  
characteristic  
of me

- (1) I find it relatively easy to get close to others. \_\_\_\_\_

(2) I do not worry about being abandoned. \_\_\_\_\_

(3) I find it difficult to allow myself to depend on others. \_\_\_\_\_

(4) In relationships, I often worry that my partner does not really love me. \_\_\_\_\_

(5) I find that others are reluctant to get as close as I would like. \_\_\_\_\_

(6) I am comfortable depending on others. \_\_\_\_\_

(7) I do not worry about someone getting too close to me. \_\_\_\_\_

(8) I find that people are never there when you need them. \_\_\_\_\_

(9) I am somewhat uncomfortable being close to others. \_\_\_\_\_

(10) In relationships, I often worry that my partner will not want to stay with me. \_\_\_\_\_

(11) I want to merge completely with another person. \_\_\_\_\_

(12) My desire to merge sometimes scares people away. \_\_\_\_\_

(13) I am comfortable having others depend on me. \_\_\_\_\_

(14) I know that people will be there when I need them. \_\_\_\_\_

(15) I am nervous when anyone gets too close. \_\_\_\_\_

(16) I find it difficult to trust others completely. \_\_\_\_\_

(17) Often, partners want me to be closer than I feel comfortable being. \_\_\_\_\_

(18) I am not sure that I can always depend on others to be there when I need them. \_\_\_\_\_

### **Scoring Instructions for the *Original Adult Attachment Scale***

The scale contains three subscales, each composed of six items. The three subscales are CLOSE, DEPEND, and ANXIETY. The CLOSE scale measures the extent to which a person is comfortable with closeness and intimacy. The DEPEND scale measures the extent to which a person feels he/she can depend on others to be available when needed. The ANXIETY subscale measures the extent to which a person is worried about being abandoned or unloved.

#### **Original Scoring:**

Average the ratings for the six items that compose each subscale as indicated below.

<u>Scale</u>	<u>Items</u>					
CLOSE	1	7	9*	13	15*	17*
DEPEND	*	6	8*	14	16*	18*
ANXIETY	2*	4	5	10	11	12

\* Items with an asterisk should be reverse scored before computing the subscale mean.

#### **Alternative Scoring:**

If you would like to compute only *two* attachment dimensions – attachment *anxiety* (model of self) and attachment *avoidance* (model of other) – you can use the following scoring procedure:

<u>Scale</u>	<u>Items</u>						
ANXIETY	2*	4	5	10	11	12	19
AVOID	1*	3	6*	7*	8	9	13*

\* Items with an asterisk should be reverse scored before computing the subscale mean.