# Attachment Style Assessment

Generated from JSON data

## Forced Choice Questions

### SC1: If your partner arrives late for an important dinner, you …

A: Tell myself they did what was best, because I trust they care about me. (SECURE)

B: Worry I made them upset and apologize more than necessary. (NURTURING ANXIOUS)

C: Test loyalty by pretending not to care. (MANIPULATIVE AVOIDANT)

D: Freeze inside, unsure what to say. (QUIET DISORGANIZED)

### SC2: If someone close hurts you once but then sincerely apologizes, you …

A: Trust their apology because I know people can change. (REMADE SECURE)

B: Worry they’ll hurt me again despite the apology. (QUIET DISORGANIZED)

C: Offer a brief forgiveness but remain cautious. (ETHICAL AVOIDANT)

D: Expect a clear gesture to prove they mean it. (TOXIC ANXIOUS)

### SC3: When a friend asks why you haven’t shared your true feelings, you …

A: Say, ‘I’m fine,’ hoping they won’t pry further. (ETHICAL AVOIDANT)

B: Open up immediately so they know I trust them. (SECURE)

C: I have no idea what to say. I probably freeze and stay quiet. (QUIET DISORGANIZED)

D: Tell them I’m not in the mood to talk right now. (LOUD DISORGANIZED)

### SC4: If your partner spends time with someone you don’t trust, you …

A: I think of how to level the playing field. (MANIPULATIVE AVOIDANT)

B: Worry they’re taking a bad path and stay vigilant in case they start to change. (ETHICAL AVOIDANT)

C: I tell them they need to choose between that person and me. (LOUD DISORGANIZED)

D: Freeze mid-conversation, unable to say anything. (QUIET DISORGANIZED)

### SC5: When your partner seems upset but won’t say why, you …

A: Try everything to cheer them up, even if it exhausts me. (NURTURING ANXIOUS)

B: Back off, assuming they’d rather handle it alone. (ETHICAL AVOIDANT)

C: Withdraw and wait for them to ask if I’m okay. (LOUD DISORGANIZED)

D: Say, ‘I’m here whenever you’re ready to talk.’ (SECURE)

### SC6: You lend a friend money, and they forget to pay you back. You …

A: Insist they return it soon before I feel comfortable talking again. (TOXIC ANXIOUS)

B: Feel hurt but say nothing to avoid conflict. (ETHICAL AVOIDANT)

C: Assume that they don’t care, then help them less next time. (MANIPULATIVE AVOIDANT)

D: Let it go quickly and move on—everyone makes mistakes. (SECURE)

### SC7: When you realize someone close lied to you, you …

A: Stay silent and feel shaken inside. (QUIET DISORGANIZED)

B: Confront them firmly so they know I caught them. (LOUD DISORGANIZED)

C: Feel disappointment but say nothing and trust them less in the future. (ETHICAL AVOIDANT)

D: Trust it’s a misunderstanding and let it pass. (SECURE)

### SC8: If a friend cancels plans at the last minute, you …

A: Make my frustration clear and then create distance for some time. (LOUD DISORGANIZED)

B: Respond ‘that’s ok’ but inside feel less trust. (ETHICAL AVOIDANT)

C: Feel they owe me an explanation and hint at my disappointment. (TOXIC ANXIOUS)

D: Assume they’re busy and wait calmly to hear back. (SECURE)

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