# Attachment Style Assessment

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## Forced Choice Questions

### FC1: Your partner pauses before replying to your text.

A: I assume they’re busy and wait patiently. (SECURE)

B: I worry I may have said something wrong. (NURTURING ANXIOUS)

C: I accept it quietly, not wanting to pressure them. (ETHICAL AVOIDANT)

D: Once they respond I ignore them. (MANIPULATIVE AVOIDANT)

### FC2: A friend cancels dinner at the last minute.

A: I think about all the ways they owe me an apology. (TOXIC ANXIOUS)

B: I nod quietly, unsure how to feel. (QUIET DISORGANIZED)

C: I remind myself it’s okay and trust they’ll make it right. (REMADE SECURE)

D: I call them firmly and ask why they canceled. (LOUD DISORGANIZED)

### FC3: A coworker takes credit for your idea in a meeting.

A: I hold back and let it go. (ETHICAL AVOIDANT)

B: I calmly point out it was my idea. (SECURE)

C: I let it slide, then hint later that I’m upset. (MANIPULATIVE AVOIDANT)

D: I withdraw from the room, too stunned to respond. (QUIET DISORGANIZED)

### FC4: Your partner praises your independence in front of others.

A: I feel grateful—my past insecurities are gone. (REMADE SECURE)

B: I appreciate it, but worry they might grow tired of me eventually. (NURTURING ANXIOUS)

C: I'm happy but inside I feel very unstable and worry that they will take advantage of me. (LOUD DISORGANIZED)

D: I feel frustrated because they're using independence as an excuse not to meet my needs. (TOXIC ANXIOUS)

### FC5: A friend invites you to an event you don’t really want to attend.

A: I tell them that I'm busy even if I'm not. (ETHICAL AVOIDANT)

B: I say yes even though I don't want to but I want them to be happy. (QUIET DISORGANIZED)

C: I politely decline and suggest an alternative plan. (SECURE)

D: I ignore the invite and plan to tell them that I forgot. (MANIPULATIVE AVOIDANT)

### FC6: Someone laughs at a story you told in a way you find critical, unkind or disapproving.

A: I raise my voice and ask, “What the heck does THAT mean?” (LOUD DISORGANIZED)

B: I worry my story was bad or offensive somehow and explain more. (NURTURING ANXIOUS)

C: I ask for an apology and explain how their behavior offended me. (TOXIC ANXIOUS)

D: I remember how I used to panic and now just smile. (REMADE SECURE)

### FC7: Your partner says they need some space.

A: I say, “Okay, take your time—no rush.” (SECURE)

B: I send a message later just to stay connected. (NURTURING ANXIOUS)

C: I become distant, hoping they’ll notice. (MANIPULATIVE AVOIDANT)

D: I keep my feelings to myself so they don’t feel guilty. (ETHICAL AVOIDANT)

### FC8: You overhear someone gossiping about you.

A: I replay it in my head and feel guilty. (NURTURING ANXIOUS)

B: I speak up so they know I heard them. (LOUD DISORGANIZED)

C: I think of a plan to make the playing field even. (MANIPULATIVE AVOIDANT)

D: I realize that I need to vet people better. (REMADE SECURE)

### FC9: A friend shares something personal, then becomes distant.

A: I gently check in, remembering how I used to panic. (REMADE SECURE)

B: I say, “I’m here if you want to talk.” (SECURE)

C: I accept it quietly, not wanting to pressure them. (ETHICAL AVOIDANT)

D: I feel some anger and ask them if they’re mad at me. (LOUD DISORGANIZED)

### FC10: Your partner calls you unexpectedly during a meeting.

A: I let it go to voicemail and call back afterward. Work takes priority. (ETHICAL AVOIDANT)

B: I interrupt the meeting to check in right away. (NURTURING ANXIOUS)

C: I stay focused on the meeting, then text them to let them know it’s inappropriate to contact me at work. (MANIPULATIVE AVOIDANT)

D: I finish the meeting, then return their call. (SECURE)

### FC11: Someone compliments your work in front of others.

A: I thank them and trust they mean it. (SECURE)

B: I think, “They must want something from me.” (MANIPULATIVE AVOIDANT)

C: I feel they owe me a thank-you in return. (TOXIC ANXIOUS)

D: I recall I used to doubt compliments and feel proud I’ve changed. (REMADE SECURE)

### FC12: A friend teases you in public.

A: I feel embarrassed but laugh to keep the peace. (ETHICAL AVOIDANT)

B: I tell them I didn’t appreciate that comment. (LOUD DISORGANIZED)

C: I freeze inside and say nothing. (QUIET DISORGANIZED)

D: I apologize, worrying I was oversensitive. (NURTURING ANXIOUS)

### FC13: Your partner texts: “We need to talk.”

A: I prepare myself to listen calmly. (SECURE)

B: I start to worry and ask firmly, “What’s going on?” (LOUD DISORGANIZED)

C: I panic that I did something wrong. (TOXIC ANXIOUS)

D: I remind myself I can handle this better now. (REMADE SECURE)

### FC14: In a group, someone interrupts your story.

A: I smile and wait until I get another chance. (SECURE)

B: I wait for a chance to interrupt and steal the focus back. (LOUD DISORGANIZED)

C: I stay quiet to avoid conflict. (ETHICAL AVOIDANT)

D: I assume no one wanted to hear my story, anyway, and let it go. (QUIET DISORGANIZED)

### FC15: Your partner forgets your anniversary.

A: I say, “That’s okay - we’ll celebrate later.” (SECURE)

B: I feel they owe me a sincere apology. (TOXIC ANXIOUS)

C: I stay silent, too hurt to speak. (ETHICAL AVOIDANT)

D: I remind them calmly how much it meant to me. (REMADE SECURE)

### FC16: A friend shares sad news but you’re busy.

A: I set a time to discuss the news so they feel cared for. (SECURE)

B: I reschedule everything to be there for them. (NURTURING ANXIOUS)

C: I offer quick support so that I don’t get too distracted. (ETHICAL AVOIDANT)

D: I do something thoughtful so they know I care. (LOUD DISORGANIZED)

### FC17: After an argument, your partner needs time alone.

A: I trust they’ll come back when they’re ready. (SECURE)

B: I panic and send another message. (NURTURING ANXIOUS)

C: I wait quietly, hoping they’ll ask how I feel. (MANIPULATIVE AVOIDANT)

D: I’m surprised that I’m handling this better than before. (REMADE SECURE)

### FC18: You overhear someone gossiping about you again.

A: I stay silent, too stunned to respond. (QUIET DISORGANIZED)

B: I respond firmly so they know I heard them. (LOUD DISORGANIZED)

C: I step away to avoid making a scene. (ETHICAL AVOIDANT)

D: I tell myself it’s probably a misunderstanding. (SECURE)

### FC19: Your partner compliments your problem-solving.

A: I accept it without overthinking. (SECURE)

B: I wonder what they want from me now. (MANIPULATIVE AVOIDANT)

C: I worry it’s a test and I’ll fail. (NURTURING ANXIOUS)

D: I feel proud because I once doubted myself. (REMADE SECURE)

### FC20: Your partner surprises you with a thoughtful gift.

A: I accept it gratefully without question. (SECURE)

B: I wonder what they expect from me next. (MANIPULATIVE AVOIDANT)

C: I feel shocked that someone would want to get me something. (QUIET DISORGANIZED)

D: I feel hurt that they waited so long to do something nice. (TOXIC ANXIOUS)

### FC21: A friend asks why you didn’t help earlier.

A: I apologize and explain honestly. (SECURE)

B: I think they owe me something for everything I’ve done. (TOXIC ANXIOUS)

C: I hold back so they don’t feel guilty. (ETHICAL AVOIDANT)

D: I freeze, unsure how to respond. (QUIET DISORGANIZED)

### FC22: A friend posts something online you dislike.

A: I message calmly to share my feelings. (SECURE)

B: I post a strong comment so they notice. (LOUD DISORGANIZED)

C: I delete my comment, worrying I’m too sensitive. (NURTURING ANXIOUS)

D: I let it go rather than argue. (ETHICAL AVOIDANT)

### FC23: Your partner compliments your independence again.

A: I say thank you without overthinking. (SECURE)

B: I wonder what they want from me next. (MANIPULATIVE AVOIDANT)

C: I worry it’s a test to see if I measure up. (NURTURING ANXIOUS)

D: I recall my old doubts and feel proud of my growth. (REMADE SECURE)

### FC24: Your partner shares a personal secret.

A: I think, “I used to cling, but now I can listen.” (REMADE SECURE)

B: I feel honored and try to comfort them. (NURTURING ANXIOUS)

C: I keep it to myself, not wanting to get too involved. (ETHICAL AVOIDANT)

D: I feel relieved they finally trusted me with their secrets, now I’m not so vulnerable. (LOUD DISORGANIZED)

### FC25: Your partner says, “Let’s take a break for a bit.”

A: I respect their request and trust we’ll reconnect. (SECURE)

B: I panic and send another message. (NURTURING ANXIOUS)

C: I wait quietly, hoping they’ll ask me how I feel. (MANIPULATIVE AVOIDANT)

D: I remind myself I handled this better than before. (REMADE SECURE)

### FC26: A friend compliments your work ethic.

A: I enjoy it and move on. (SECURE)

B: I suspect they want something from me. (MANIPULATIVE AVOIDANT)

C: I feel uncertain and keep my reaction to myself. (QUIET DISORGANIZED)

D: I feel they owe me acknowledgement for all I do. (TOXIC ANXIOUS)

### FC27: Your partner cancels plans again without warning.

A: I gently ask if they’re okay and move on. (SECURE)

B: I worry they’re punishing me by ignoring me. (NURTURING ANXIOUS)

C: I assume they’ve lost interest and stay quiet. (ETHICAL AVOIDANT)

D: I express my frustration directly so they know I’m upset. (LOUD DISORGANIZED)

### FC28: You notice your partner being secretive with or hiding their phone.

A: I trust them until I have proof otherwise. (SECURE)

B: I panic that they might be betraying me. (NURTURING ANXIOUS)

C: I stop responding until they explain themselves. (MANIPULATIVE AVOIDANT)

D: I freeze, unsure what to say. (QUIET DISORGANIZED)

### FC29: A friend reminds you of a secret from your past.

A: I thank them for keeping it private and believe they are trustworthy. (SECURE)

B: I feel uneasy, worrying they’ll share it. (QUIET DISORGANIZED)

C: I wonder why they felt the need to tell me. (ETHICAL AVOIDANT)

D: I feel angry and need to know that they will not expose me. (LOUD DISORGANIZED)

### FC30: Your partner praises your problem-solving skills (again).

A: I accept it without overthinking. (SECURE)

B: I wonder what they expect from me next. (MANIPULATIVE AVOIDANT)

C: I doubt they really mean it. (QUIET DISORGANIZED)

D: I think of my past doubts and feel proud of my growth. (REMADE SECURE)

### FC31: Your partner asks why you didn’t call back.

A: I explain calmly and reassure them. (SECURE)

B: I worry they’ll think I’m uncaring. (TOXIC ANXIOUS)

C: I freeze inside and can’t form a reply. (QUIET DISORGANIZED)

D: I suggest they should have checked on me sooner. (MANIPULATIVE AVOIDANT)

### FC32: Someone interrupts your story in a group again.

A: I continue gently, trusting they’ll listen later. (SECURE)

B: I show my disappointment quietly. (QUIET DISORGANIZED)

C: I snap at them and ask if I can finish my story before they interrupt again. (LOUD DISORGANIZED)

D: I think, “I used to be timid, but now I stay calm.” (REMADE SECURE)

### FC33: A soft disagreement arises between you and someone you trust.

A: I stay calm and address issues directly. (SECURE)

B: I worry they’ll walk away if I’m honest. (NURTURING ANXIOUS)

C: I choose my words so they keep guessing how I feel. (MANIPULATIVE AVOIDANT)

D: I remind myself why I trusted them, and try to work through the issue. (REMADE SECURE)

### FC34: A group project at work goes badly.

A: I am able to handle the disappointment without feeling guilty. (REMADE SECURE)

B: I feel resentful if my contributions go unnoticed. (TOXIC ANXIOUS)

C: I hold back my feelings to avoid upsetting anyone. (ETHICAL AVOIDANT)

D: I make my frustration known so no one can ignore me. (LOUD DISORGANIZED)

### FC35: Someone praises your patience in a difficult moment.

A: I express appreciation and don’t overthink. (SECURE)

B: I try to fix everything if someone seems down. (NURTURING ANXIOUS)

C: I notice that this is a relatively new compliment for me? (REMADE SECURE)

D: I expect favors to be returned without being asked. (TOXIC ANXIOUS)

### FC36: You feel uncertain about expressing your needs.

A: I freeze inside when I feel unsure and don’t share. (QUIET DISORGANIZED)

B: I prefer to keep people guessing how I feel. (MANIPULATIVE AVOIDANT)

C: I stay quiet rather than risk upsetting anyone. (ETHICAL AVOIDANT)

D: I raise my voice so people can’t ignore my needs. (LOUD DISORGANIZED)

### FC37: A close friend seems distant, but you’re not sure why.

A: I ask questions calmly because I feel supported. (SECURE)

B: I drop everything to comfort them when they seem upset. (NURTURING ANXIOUS)

C: I keep my distance to avoid burdening them. (ETHICAL AVOIDANT)

D: I wait quietly to see if they notice I’m upset. (LOUD DISORGANIZED)

### FC38: You catch yourself slipping back into old fears.

A: I think, “I’ve grown past those worries.” (REMADE SECURE)

B: I expect others to repay me for every kindness. (TOXIC ANXIOUS)

C: I prefer to keep people guessing about how I feel. (MANIPULATIVE AVOIDANT)

D: I remain still, unsure what to say or do. (QUIET DISORGANIZED)

### FC39: You realize you’ve been over-comforting someone to feel needed.

A: I worry they’ll leave me unless I prove I care. (NURTURING ANXIOUS)

B: I feel resentful if my efforts go unnoticed. (TOXIC ANXIOUS)

C: I test loyalty by stepping back to see if they care. (MANIPULATIVE AVOIDANT)

D: I worry about saying the wrong thing, so I say nothing. (QUIET DISORGANIZED)

### FC40: You suspect someone you care about is ignoring your efforts.

A: I worry they’ll leave me unless I prove I care. (NURTURING ANXIOUS)

B: I feel resentful if my efforts go unnoticed. (TOXIC ANXIOUS)

C: I stay quiet rather than risk upsetting anyone. (ETHICAL AVOIDANT)

D: I raise my voice so that they can see my efforts. (LOUD DISORGANIZED)

### FC41: You’re torn between forgiving someone who hurt you or holding a grudge.

A: I consider what decision will make me respect myself. (REMADE SECURE)

B: I create distance and hold a grudge to see if they’ll care. (MANIPULATIVE AVOIDANT)

C: I worry they’ll leave me if I don’t forgive them. (NURTURING ANXIOUS)

D: I hold a grudge because I need them to feel bad. (TOXIC ANXIOUS)

### FC42: A friend says they respect your progress but won’t say why.

A: I ask, ‘What do you mean?’ without overanalyzing. (SECURE)

B: I express frustration because I’m the only one changing. (TOXIC ANXIOUS)

C: I feel confused but say, “thank you.” (QUIET DISORGANIZED)

D: I feel appreciative because I have made progress. (REMADE SECURE)

## Scenario 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)

## Likert Scale Questions

Rate each statement on a scale from 1 (Strongly Disagree) to 5 (Strongly Agree):

L1: I feel comfortable depending on others without fear. (SECURE)

L2: I am confident that my close relationships are stable. (SECURE)

L3: I openly discuss my feelings without worrying about judgment. (SECURE)

L4: I trust that people I care about have my best interests at heart. (SECURE)

L5: When I feel upset, I know I can rely on someone to support me. (SECURE)

L6: I used to struggle with trust, but now I feel secure. (REMADE SECURE)

L7: Sometimes I worry old insecurities might return, but I set them aside. (REMADE SECURE)

L8: I remind myself how far I’ve come whenever I feel doubtful. (REMADE SECURE)

L9: I know past relationship hurts don’t define my current trust. (REMADE SECURE)

L10: I feel grateful for how much I’ve grown in trusting others. (REMADE SECURE)

L11: I often hold back feelings because people can’t handle it. (ETHICAL AVOIDANT)

L12: I don’t need people to know what I feel. (ETHICAL AVOIDANT)

L13: I usually handle things on my own because people can be unreliable. (ETHICAL AVOIDANT)

L14: I think people are too emotional during conflict so I’d rather not speak up. (ETHICAL AVOIDANT)

L15: I think people are untrustworthy and have too high of expectations. (ETHICAL AVOIDANT)

L16: I sometimes hide my true feelings to keep control. (MANIPULATIVE AVOIDANT)

L17: I might distance myself just to see if someone really cares. (MANIPULATIVE AVOIDANT)

L18: I occasionally test people’s loyalty by withholding affection. (MANIPULATIVE AVOIDANT)

L19: I prefer to keep others guessing about how I feel. (MANIPULATIVE AVOIDANT)

L20: I guide conversations so that I can get the best outcome. (MANIPULATIVE AVOIDANT)

L21: I worry that if I don’t do enough, people will leave me. (NURTURING ANXIOUS)

L22: I go out of my way to comfort others because I fear losing them. (NURTURING ANXIOUS)

L23: When someone seems upset, I drop everything to try to fix things. (NURTURING ANXIOUS)

L24: I often feel I’m not caring enough unless I’m constantly giving. (NURTURING ANXIOUS)

L25: I fret that those I love will be disappointed if I don’t show enough affection. (NURTURING ANXIOUS)

L26: I expect people to return favors; otherwise, I feel resentful. (TOXIC ANXIOUS)

L27: If others don’t acknowledge what I do, I feel bitter. (TOXIC ANXIOUS)

L28: I hold grudges when people don’t meet my unspoken expectations. (TOXIC ANXIOUS)

L29: I sometimes withdraw support if I feel unappreciated. (TOXIC ANXIOUS)

L30: I believe my kindness should be repaid with equal effort. (TOXIC ANXIOUS)

L31: I keep a calm face, but inside I feel anxious and confused. (QUIET DISORGANIZED)

L32: I often freeze instead of responding. (QUIET DISORGANIZED)

L33: I worry about saying the wrong thing, so I stay silent. (QUIET DISORGANIZED)

L34: Even when people show they care, I quietly doubt their motives. (QUIET DISORGANIZED)

L35: I feel uncertain about my emotions and don’t express them. (QUIET DISORGANIZED)

L36: When I feel hurt, I express myself forcefully, then regret it. (LOUD DISORGANIZED)

L37: My emotions can swing from calm to strong anger very quickly. (LOUD DISORGANIZED)

L38: I create commotion because I fear being overlooked. (LOUD DISORGANIZED)

L39: I need attention in noticeable ways; subtle cues aren’t enough. (LOUD DISORGANIZED)

L40: If I sense I’m being ignored, I make sure everyone hears me. (LOUD DISORGANIZED)

L41: When someone pushes me to open up, I feel wary and hold back. (ETHICAL AVOIDANT)

L42: If I sense someone expects me to share feelings, I change the subject. (ETHICAL AVOIDANT)

L43: I worry I’ll make someone uncomfortable if I’m entirely honest. (ETHICAL AVOIDANT)

L44: Even if I’m stressed, I believe my partner still loves me unconditionally. (SECURE)

L45: I feel comfortable admitting my mistakes because I trust it won’t harm us. (SECURE)

L46: If I disagree with someone I care about, I calmly discuss it rather than react or hide. (SECURE)

L47: I sometimes wonder if old fears will return, but I remind myself they’re in the past. (REMADE SECURE)

L48: When I catch myself doubting, I recall how I overcame those doubts before. (REMADE SECURE)

L49: I used to freeze in conflict, but now I speak up in a balanced way. (REMADE SECURE)

L50: I expect people to notice what I do without being reminded, and feel upset if they don’t. (TOXIC ANXIOUS)

L51: If someone forgets something I did for them, I keep track and remind them later. (TOXIC ANXIOUS)

L52: I feel that anyone who truly cares would prioritize me when I put in effort. (TOXIC ANXIOUS)

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