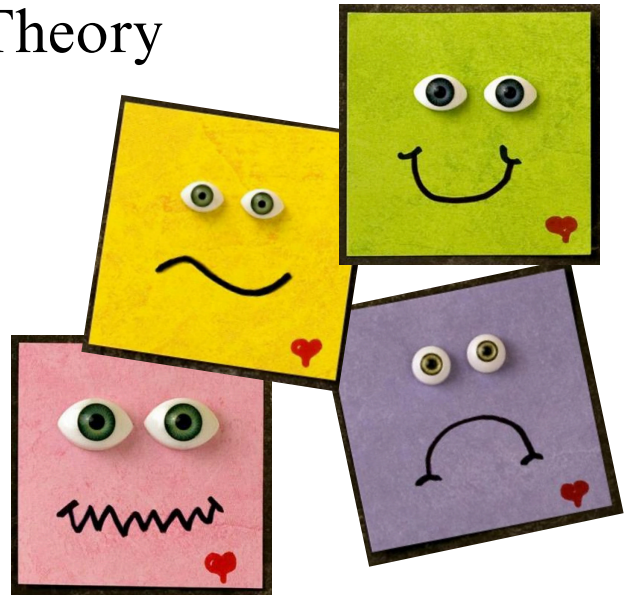


No-Nonsense Attachment Theory Questionnaire

Instructions:

For each statement below, rate how much you agree or disagree on a scale of 1 to 5, where 1 stands for "Strongly Disagree" and 5 stands for "Strongly Agree."



Questions:

1. When I'm alone, I feel a sense of unease.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

2. Emotional intimacy is something I usually avoid.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

3. My fear of abandonment tends to affect my relationships.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

4. Independence is less important to me than having a close relationship.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

5. I often feel others are not as invested in our relationship as I am.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

6. I am wary of depending too much on other people.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

7. Others often describe me as "too clingy" or "needy."

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

8. Being vulnerable with someone is a comfortable experience for me.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

9. I am concerned that people will take advantage of me if I get too close.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

10. I seek advice and comfort from friends or family when I'm distressed.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

11. I find it hard to rely on others because I think they might let me down.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

12. The thought of my partner leaving me makes me anxious.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

13. I enjoy my freedom and prefer not to make long-term commitments.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

14. I often find myself giving more than I receive in relationships.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

15. Opening up to others is difficult for me.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

16. I feel comfortable when someone I care about is also independent.

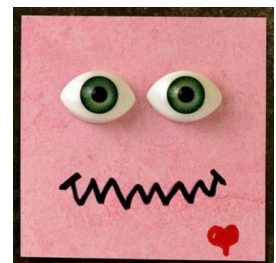
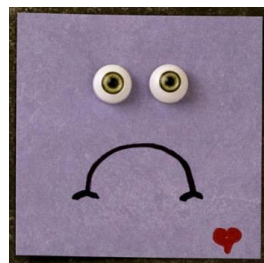
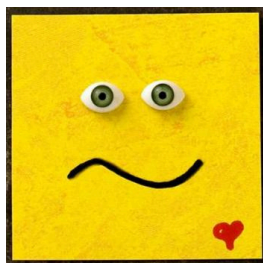
1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

17. I worry that being too emotional will drive people away.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

18. I get uncomfortable if someone wants to be very close.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree



19. My partner's approval is extremely important to me.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

20. I try to solve my problems independently rather than asking for help.

1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree

Scoring Guidelines:

Add up the scores on each question to find a total for each of the three categories.

Anxious Attachment $\frac{\quad}{1}$ $\frac{\quad}{3}$ $\frac{\quad}{5}$ $\frac{\quad}{7}$ $\frac{\quad}{12}$ $\frac{\quad}{14}$ $\frac{\quad}{17}$ $\frac{\quad}{19}$ = $\frac{\quad}{\text{Total}}$

Avoidant Attachment $\frac{\quad}{2}$ $\frac{\quad}{6}$ $\frac{\quad}{9}$ $\frac{\quad}{11}$ $\frac{\quad}{13}$ $\frac{\quad}{15}$ $\frac{\quad}{18}$ $\frac{\quad}{20}$ = $\frac{\quad}{\text{Total}}$

Secure Attachment $\frac{\quad}{4}$ $\frac{\quad}{8}$ $\frac{\quad}{10}$ $\frac{\quad}{16}$ = $\frac{\quad}{\text{Total}}$

What Your Score Means

The score you've obtained from this questionnaire isn't a definitive label but a tool for better understanding of your relational dynamics. It's a window into recognizing patterns that might have been invisible to you before. Here's a more detailed insight into what your scores might suggest:

Secure Attachment (Score Range: 4-20)

The score you've obtained from this questionnaire isn't a definitive label but a tool for better understanding of your relational dynamics. It's a window into recognizing patterns that might have been invisible to you before. Here's a more detailed insight into what your scores might suggest:

- **Very Secure (17-20):** You're more secure than Fort Knox when it comes to relationships—comfortable both in your own skin and in letting others in.
- **Secure (13-16):** You're like the cushion on a good office chair—mostly supportive, with just the right give and take.
- **Moderately Secure (9-12):** You've got a couple of emotional pebbles in your shoe, but nothing you can't handle with a bit of self-awareness.
- **Low Security (4-8):** You're in the shallow end of the emotional pool, but consider this an invitation to wade deeper into understanding and improving your relationships.

Anxious Attachment (Score Range: 8-40)

- **Very Anxious (33-40):** Your internal relationship weather forecast often calls for scattered emotional showers.
- **Anxious (25-32):** You have some rain clouds of anxiety, but also intervals of clear skies. Knowing is half the battle.
- **Moderately Anxious (17-24):** Your emotional atmosphere is mostly sunny with a chance of occasional drizzles.
- **Low Anxiety (8-16):** You're like the emotional desert—mostly dry, but don't ignore the occasional cloud.

Avoidant Attachment (Score Range: 8-40)

- **Very Avoidant (33-40):** You're not just guarding your emotional treasure; you've got it locked in a vault.
- **Avoidant (25-32):** You've got a bit of an emotional moat, but you've also left the drawbridge down here and there.
- **Moderately Avoidant (17-24):** Your emotional landscape includes some fences but also some open fields.
- **Low Avoidance (8-16):** You're more of an emotional picnic area than a fortress—accessible but with some boundaries.

Interpretation:

Higher Anxious Attachment score: Indicates you may tend to seek closeness and be more concerned about your relationships.

Higher Avoidant Attachment score: This suggests you might maintain emotional distance and value your independence.

Higher Secure Attachment score: This reflects a balanced approach to relationships, feeling comfortable with intimacy and independence.

