

ADULT ATTACHMENT QUESTIONNAIRE

Pre-Session Screening

Client Name: _____

Date: _____

Directions

Client: Check "True for me" for each statement that applies. Go with your first reaction. Answer based on how you usually feel in romantic relationships.

#	Statement	True for me
1	I often worry that my partner will stop loving me.	☐
2	I find it easy to be affectionate with my partner.	☐
3	I fear that once someone gets to know the real me, s/he won't like me.	☐
4	I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind.	☐
5	When I am not involved in a relationship, I feel somewhat anxious and incomplete.	☐
6	I find it difficult to be emotionally supportive when my partner is feeling down.	☐
7	When my partner is away, I fear that s/he might get interested in someone else.	☐
8	I feel comfortable depending on my romantic partner/s.	☐
9	My independence is more important to me than my relationships.	☐
10	I prefer not to share my innermost feelings with my partner.	☐
11	When I show my partner how I feel, I fear that s/he will not feel the same about me.	☐
12	I am generally satisfied with my romantic relationships.	☐
13	I don't feel the need to act out much in my romantic relationships.	☐
14	I have little difficulty expressing my needs and wants to my partner.	☐
15	I sometimes feel angry or annoyed with my partner without knowing why.	☐
16	I am very sensitive to my partner's moods.	☐
17	I believe most people are essentially honest and dependable.	☐
18	I prefer casual sex with uncommitted partners to intimate sex with one person.	☐
19	I'm comfortable sharing my personal thoughts and feelings with my partner.	☐
20	I worry that if my partner leaves me I might never find someone else.	☐
21	It makes me nervous when my partner gets too close.	☐
22	During a conflict, I tend to impulsively do or say things that I later regret, rather than being able to reason about things.	☐
23	An argument with my partner doesn't usually cause me to question our entire relationship.	☐
24	My partner/s often want me to be more intimate than I feel comfortable being.	☐
25	I worry that I'm not attractive enough.	☐
26	Sometimes people see me as boring because I create little drama in relationships.	☐
27	I miss my partner when we're apart, but then when we're together I feel the need to escape.	☐
28	When I disagree with someone, I feel comfortable expressing my opinions.	☐
29	I hate feeling that other people depend on me.	☐
30	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.	☐

#	Statement	True for me
31	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.	☐
32	If I notice that someone I'm interested in is checking out other people, I feel depressed.	☐
33	If someone I've been dating begins to act cold and distant, I may wonder what happened, but I know it's probably not about me.	☐
34	If someone I've been dating begins to act cold and distant, I'll probably be indifferent; I might even be relieved.	☐
35	If someone I've been dating begins to act cold and distant, I'll worry that I've done something wrong.	☐
36	If my partner wants to break up with me, I'd try my best to show them what they're missing (a little jealousy can't hurt).	☐
37	If someone I've been dating for several months tells me that s/he wants to stop seeing me, I'd feel hurt at first, but I'd get over it.	☐
38	Sometimes when I get what I want in a relationship, I'm not sure that I want it anymore.	☐
39	I won't have much of a problem staying in touch with my ex (strictly platonic) ~ after all, we have a lot in common.	☐

Adapted from Attached: The New Science of Adult Attachment by Amir Levine, M.D. & Rachel Heller, M.A.