

ADULT ATTACHMENT QUESTIONNAIRE

Clinician Scoring Key

Client Name: _____ Date: _____

Item Assignments

Each item corresponds to one attachment column. On the client sheet, count checked items per column and record the totals below.

A (Anxious)	Items: 1, 3, 5, 7, 11, 15, 16, 20, 22, 25, 27, 32, 35, 36 (14 items)
B (Secure)	Items: 2, 8, 12, 13, 14, 17, 19, 23, 26, 28, 30, 33, 37, 39 (14 items)
C (Avoidant)	Items: 4, 6, 9, 10, 18, 21, 24, 29, 31, 34, 38 (11 items)

Count A (Anxious): _____	Count B (Secure): _____	Count C (Avoidant): _____
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Attachment Style Descriptions

Column A ~ Anxious

You need to be very close to your romantic partners and have the capacity for great intimacy. You often fear, however, that your partner does not wish to be as close as you are. Relationships tend to consume a large part of your emotional energy. You tend to be very sensitive to small fluctuations in your partner's moods and actions, and although your senses are often accurate, you take your partner's behaviors too personally. You experience a lot of negative emotions within the relationship and get easily upset. As a result, you tend to act out and say things you later regret. If the other person provides a lot of security and reassurance, however, you are able to shed much of your preoccupation and feel contented.

Column B ~ Secure

Being warm and loving in a relationship comes naturally to you. You enjoy being intimate without becoming overly worried about your relationships. You take things in stride when it comes to romance and don't get easily upset over relationship matters. You effectively communicate your needs and feelings to your partner and are strong at reading your partner's emotional cues and responding to them. You share your successes and problems with your mate, and are able to be there for him/her in times of need.

Column C ~ Avoidant

It is very important for you to maintain your independence and self-sufficiency and you often prefer autonomy to intimate relationships. Even though you do want to be close to others, you feel uncomfortable with too much closeness and tend to keep your partner at arm's length. You don't spend much time worrying about your romantic relationships or about being rejected. You tend not to open up to your partners and they often complain that you are emotionally unavailable. In relationships, you are often on high alert for any signs of control or impingement on your territory by your partner.

What If I'm Not Sure?

Brennan, Clark, and Shaver (1998) two-dimension model:

Low Avoidance + Low Anxiety	SECURE
Low Avoidance + High Anxiety	PREOCCUPIED (Anxious)
High Avoidance + Low Anxiety	DISMISSING-AVOIDANT
High Avoidance + High Anxiety	FEARFUL-AVOIDANT

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