

Attachment Style Self-Assessment (Printable)

This is the paper version: twenty-four statements, a scoring grid you fill in with a pen, and no screen involved. It exists because a result that appears instantly on a phone is very easy to accept without thinking, and because practitioners kept looking for something they could hand across a desk.

Who this is for: You want to work this out on paper rather than on a screen, or you are a practitioner who wants something printable to go through with a client.

The four blocks

Block A: Anxiety

How much of your attention the relationship takes when nothing is wrong.

I re-read messages from a partner looking for changes in tone. (0–4)

When a reply is slower than usual, I struggle to concentrate on anything else. (0–4)

I need reassurance more often than I am comfortable admitting. (0–4)

Block A total (six statements on the PDF), out of 24:

Block B: Avoidance

What happens as closeness increases.

I feel relief, not disappointment, when plans with a partner get cancelled. (0–4)

I start noticing faults in a partner as we get closer. (0–4)

I would rather handle something difficult alone than be helped with it. (0–4)

Block B total, out of 24:

Block C: Disorganisation

Whether the two above take turns.

I want closeness badly and then feel trapped once I have it. (0–4)

I have ended, or nearly ended, relationships I did not want to end. (0–4)

My feelings about the same person can reverse within a day. (0–4)

Block C total, out of 24:

Block D: Security

Scored separately, because it is not simply low insecurity.

I can say what I need directly, without building a case first. (0–4)

After an argument we repair, rather than one of us conceding. (0–4)

An ordinary reassurance is usually enough to settle me. (0–4)

Block D total, out of 24:

Reading your result

What the number is, and is not, evidence of.

Highest block and score:

Second highest, and the gap between them:

One dated incident behind my highest single item:

Date I will score this again:

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.