

Dismissive Avoidant Worksheet

Most avoidant material is written as though there are two of you: one that pulls away and one that panics about having pulled away. If the second voice is missing, the advice does not fit. Distance genuinely settles you. The relief when a plan falls through is not followed an hour later by regret. You handle things alone because handling things alone works, and the cost, when it turns up, turns up late enough that it is hard to connect to anything in particular.

Who this is for: You have been called avoidant and half of it fitted: you do pull away, and you have never once lain awake regretting the space you took.

The twenty-five items

Items 1-5, self-reliance as identity

Whether independence is a preference or part of who you are.

Managing without anyone is one of the things I like about myself. (1-5)

Being helped with something that matters costs me something. (1-5)

I would call myself low maintenance, and I mean it as a fact. (1-5)

Set one subtotal, out of 25:

Items 6-10, what discomfort makes you do

Where the urge goes when something between you is wrong.

When something is wrong my first instinct is to work it out alone. (1-5)

Time apart after a row settles me, and it keeps settling me. (1-5)

I rarely find myself wanting to go back before I am ready. (1-5)

Set two subtotal, out of 25:

Items 11-15, the delayed hit

How late the feeling arrives, and what it attaches itself to.

I have felt very little at the end of something and much more later. (1-5)

People close to me have said I seemed fine when I was not. (1-5)

Feelings often surprise me by how long they take to turn up. (1-5)

Set three subtotal, out of 25:

Items 16-20, criticism as a distance tool

Faults that appear exactly as closeness increases.

Faults I had not noticed become obvious as someone gets closer. (1-5)

I compare a partner unfavourably with an ex, or with an ideal. (1-5)

Irritation at small habits is the first sign something has shifted. (1-5)

I have ended things for a reason I would struggle to defend now. (1-5)

Set four subtotal, out of 25:

Items 21-25, the account you give

The explanation that makes everything above unremarkable.

My childhood was fine, and specific memories are hard to produce. (1-5)

Asked about a feeling, I answer with what I did instead. (1-5)

"I am just independent" is a sentence I have used to close a subject. (1-5)

Set five subtotal, out of 25:

Scoring the twenty-five items

Add the five subtotals, then read the profile before the total.

Set subtotals: 1 ____ 2 ____ 3 ____ 4 ____ 5 ____

Total, out of 125:

Highest set, and lowest set:

Is set two above or below 15?

The three bands, and the fork at the end

What each band suggests, and the question a score cannot settle.

My band:

Does distance keep helping, or does it reverse within a few days?

One thing this score would have predicted about my last relationship:

One place the score is probably wrong about me:

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.