

# UNDERSTANDING ATTACHMENT STYLES

## **WELCOME!**

*In this pack we introduce you to the basics of attachment theory—a powerful lens for understanding and enriching your connections.*

## **The Essence of Attachment Theory**

*Attachment theory posits that early childhood bonds shape adult relationship dynamics. It's a key to unlocking the mysteries of our emotional landscapes.*

## **The Four Attachment Styles**

*Discover the four main attachment styles: Secure, Anxious, Avoidant, and Fearful-Avoidant. Each style influences how we approach intimacy, express emotions, and navigate challenges.*

## **Self-Discovery**

*Understanding your attachment style is a tool for cultivating self-awareness, compassion, and empathy. It reveals why you respond to situations and emotions the way you do.*

## **Transformative Awareness**

*Recognising your attachment style and your partner's illuminates patterns, triggers, and unspoken needs. It fosters an environment where both partners feel seen, heard, and validated.*

## **Take the Quiz**

*Curious about your attachment style? The accompanying quiz is a self-reflective tool designed for a deeper understanding of yourself and your relational dynamics.*



# THE FOUR ATTACHMENT STYLES



## SECURE

**Core belief:**  
*"I am worthy of love and care."*

**We grew up having our needs met and feeling secure in knowing we were loved, seen, and understood.**

We can tune into our emotions.

We can connect with our needs and ask for them to be met.

We can share vulnerable feelings with those who matter.

We send clear signals when we have needs.

We can be open to someone else's perspective.



## ANXIOUS

**Core belief:**  
*"I am not worthy of love unless I am constantly proving my worth."*

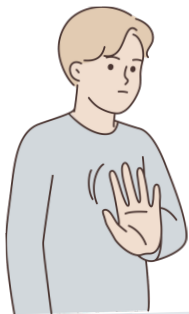
**We grew up with inconsistent or unreliable care-givers and may have lived with a fear of abandonment and a sense that their care was conditional.**

We might protect and pursue our partners during times we feel disconnected.

We may turn up the volume and amplify things to get the other's attention.

We may protest if there isn't a response. We might become demanding or critical of our significant other.

We might interpret actions as uncaring, and we may feel like we are unloveable.



## AVOIDANT

**Core Belief:**  
*"I am better off relying on myself and not depending on others."*

**We grew up needing to meet our needs independently and got the message no-one was available or interested in meeting our needs.**

We might withdraw and shut down from our partner when we feel disconnected.

We might turn down our 'emotional volume' and remain practical and logical.

We might be used to not sharing vulnerabilities with special others.

We might find ourselves dismissing or minimising our needs.



## FEARFUL / AVOIDANT (DISORGANISED)

**Core Belief:**  
*"I want to be close to others, but it scares me at the same time."*

**We grew up around a lot of chaos, which was sometimes dangerous; our caregivers did not meet our needs in that environment.**

We might protest and withdraw when we feel disconnected from our partners.

We send mixed signals to our loved ones.

We can become defensive and self-protective when we get close.

We habitually push people away, coping alone but longing to be supported.

We mistrust others' intent and expect to get hurt.





# WHAT'S YOUR

# ATTACHMENT STYLE

ANSWER EACH QUESTION HONESTLY BASED ON YOUR FEELINGS AND BEHAVIOURS IN ROMANTIC RELATIONSHIPS. FOR EACH QUESTION, CHOOSE THE OPTION THAT BEST DESCRIBES YOU. ASSIGN POINTS ACCORDING TO THE SCORING GUIDE PROVIDED.

*Q1: I am comfortable being close to others and find it easy to trust them*

5	4	3	2	1
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

*Q2: I often worry about being abandoned or unloved in my relationships*

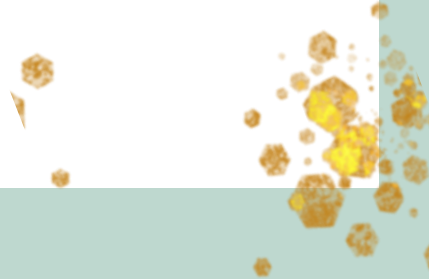
1	2	3	4	5
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

*Q3: I find it difficult to open up to others about my feelings*

2	3	4	5	1
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

*Q4: I value my independence and prefer not to rely too much on others*

4	3	2	1	5
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE



# WHAT'S YOUR ATTACHMENT STYLE

ANSWER EACH QUESTION HONESTLY BASED ON YOUR FEELINGS AND BEHAVIOURS IN ROMANTIC RELATIONSHIPS. FOR EACH QUESTION, CHOOSE THE OPTION THAT BEST DESCRIBES YOU. ASSIGN POINTS ACCORDING TO THE SCORING GUIDE PROVIDED.

*Q5: I get uncomfortable when my partner wants too much closeness*

1	2	3	4	5
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

*Q6: I tend to avoid conflicts and disagreements in my relationship*

3	2	4	5	1
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

*Q7: I often feel the need for reassurance in my relationships*

1	2	3	4	5
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

*Q8: I can often feel jealous or insecure in my relationship*

2	3	4	5	1
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE



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*Q9: I feel overwhelmed by my emotions and have difficulty expressing them in relationships*

3	4	2	1	5
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

*Q10: I have a fear of being rejected or abandoned by my partner*

1	2	3	4	5
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

*Q11: I have difficulty trusting others and opening up in romantic relationships*

2	3	4	5	1
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

*Q12: I feel confident about my partner's love and commitment to me*

5	4	3	2	1
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE



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*Q13: I experience a mix of both desire for closeness and fear of intimacy in my relationships*

3	4	2	1	5
STRONGLY AGREE	AGREE	NEUTRAL	DISAGREE	STRONGLY DISAGREE

## SCORING INTERPRETATION

ADD UP THE NUMBERS ATTACHED TO EACH OF THE ANSWERS YOU'VE CIRCLED AND IDENTIFY HOW YOUR TOTAL SCORE CORRESPONDS WITH THE GUIDES BELOW.

ATTACHMENT STYLES ARE NOT SET IN STONE, THESE ARE JUST SUGGESTIONS OF WHERE YOU MIGHT LEAN MORE TOWARDS AND THE QUIZZ IS NOT A DIAGNOSTIC TOOL. OUR ATTACHMENT BEHAVIOURS CAN ALSO CHANGE FROM RELATIONSHIP TO RELATIONSHIP.

- 39-50** POINTS      SECURE ATTACHMENT
- 30-38** POINTS      ANXIOUS-PREOCCUPIED ATTACHMENT
- 21-29** POINTS      DISMISSIVE-AVOIDANT ATTACHMENT
- 12-20** POINTS      FEARFUL-AVOIDANT ATTACHMENT
- 11-13** POINTS      YOU MAY WISH TO RETAKE THE TEST AND NOTICE WHAT IS HAPPENING IN YOUR BODY / NERVOUS SYSTEM TO GET CLEARER ANSWERS



The background features a soft, light green watercolor wash in the upper right corner, transitioning into a pale yellow and cream color. Scattered throughout are delicate gold leaf accents, including thin, curved lines in the top left and clusters of small, irregular gold dots and hexagons in the top right, bottom left, and bottom right corners.

We hope this mini pack has given you some insight into your attachment style, and perhaps a desire to understand more about this fascinating topic.

If you would like some 1-2-1 support from us you can find Michaela here:

[www.michaelamurphy.co.uk](http://www.michaelamurphy.co.uk)

And Sally here:

[www.thelisteningroom.co](http://www.thelisteningroom.co)

*Michaela & Sally*