

Attachment Style Self Test

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How To Use This

Score each statement from 1 to 5, where 1 is strongly disagree and 5 is strongly agree. Write your score in the space beside it. Answer for how you usually are in close romantic relationships, not how you would like to be. It takes about five minutes, and there are no right answers.

Part A

1. When a partner is quieter than usual, you start looking for what you did wrong. _____
2. You need more reassurance than you are comfortable asking for. _____
3. A delay in a reply can occupy your thinking until it arrives. _____
4. You worry a partner will eventually decide you are not worth the effort. _____
5. When something feels off between you, you have a hard time letting it sit unresolved. _____
6. Small shifts in a partner's tone register with you before anyone else notices them. _____

Part A total (anxiety score): _____

Part B

7. You would rather work a problem out alone than talk it through with someone. _____
8. When a conversation turns emotional, part of you starts looking for the exit. _____
9. Depending on someone makes you uneasy, even when they have been reliable. _____
10. You keep parts of your life private in relationships without quite deciding to. _____
11. Being asked for more closeness makes you want more space. _____
12. Under real stress you withdraw rather than reach for the person nearest you. _____

Part B total (avoidance score): _____

How To Read Your Scores

Each total lands between 6 and 30. Treat 18 as the dividing line, then find yourself on the grid below.

	Low avoidance (6 to 17)	High avoidance (18 to 30)
Low anxiety (6 to 17)	Secure attachment	Dismissive avoidant
High anxiety (18 to 30)	Anxious preoccupied	Fearful avoidant

If either score sits within a few points of 18, you are between regions. That is a real result rather than a failure of the test, because attachment works by degree rather than as a set of distinct types.

What Each Pattern Looks Like

Secure attachment. Low on both. Closeness and independence both feel workable, so you ask for support without a strategy and give space without reading it as rejection. Conflict tends to stay a conversation.

Anxious preoccupied. High anxiety, low avoidance. The driver is not neediness but an intensified effort to secure a response from someone whose availability feels uncertain. It brings real sensitivity to a partner's state, at a cost in constant monitoring.

Dismissive avoidant. Low anxiety, high avoidance. Distance is how the system manages an attachment need rather than evidence the need is absent. Self reliance under pressure, discomfort with intimacy, and going quiet as a conversation gets close. It is regularly misread as indifference.

Fearful avoidant. High on both, and the most confusing to live with. You want emotional closeness and it registers as a threat at the same time, so approach and retreat can happen in the same week.

What This Test Cannot Tell You

It is not a diagnosis and not intended as one. It has no published reliability or validity data, unlike the research instruments used in attachment studies, so read it as a starting point for a conversation rather than a finding about you.

It cannot tell you about your childhood. Attachment theory traces these patterns to early experience, but the measured link between attachment in children and adult romantic attachment is weak. Your scores describe your present relationships, not how you were raised.

It is not permanent. Attachment shows moderate stability with real room for change, and it is partly specific to the relationship, so a pattern that shows up with a partner may not show up with a friend.

Talking It Through

The useful question is not what your attachment style is but what it costs you. How much energy goes to managing a relationship rather than being in one. Whether difficulties get raised or absorbed. How much of your world stays out of reach of the people closest to you.

If any of that lands, it is worth a conversation. We work with these patterns in individual therapy and with couples, at our Inglewood rooms and online across Western Australia, evenings and Saturday mornings included, with no referral needed.

Call 1300 956 227 or book at energeticsinstitute.com.au/contact

This handout is general information and is not professional advice, a diagnosis or a clinical assessment. If you are distressed, contact Lifeline on 13 11 14, or 000 in an emergency.