Sage
Behavioral Health

Adult Attachment Inventory

Check the available box next to each statement that is TRUE for you. (**If the answer is untrue, don't mark the item at all.**)

	TRUE		
	A	B	C
I often worry that my partner will stop loving me.		--	--
I find it easy to be affectionate with my partner.	--		--
I fear that once someone gets to know the real me, s/he won't like who I am.		--	--
I find that I bounce back quickly after a breakup. It's weird how I can just put someone out of my mind.	--	--	
When I'm not involved in a relationship, I feel somewhat anxious and incomplete.		--	--
I find it difficult to emotionally support my partner when s/he is feeling down.	--	--	
When my partner is away, I'm afraid that s/he might become interested in someone else.		--	--
I feel comfortable depending on romantic partners.	--		--
My independence is more important to me than my relationships.	--	--	
I prefer not to share my innermost feelings with my partner.	--	--	
When I show my partner how I feel, I'm afraid s/he will not feel the same about me.		--	--
I am generally satisfied with my romantic relationships.	--		--
I don't feel the need to act out much in my romantic relationships.	--		--
I think about my relationships a lot.		--	--
I find it difficult to depend on romantic partners.	--	--	
I tend to get very quickly attached to a romantic partner.		--	--
I have little difficulty expressing my needs and wants to my partner.	--		--
I sometimes feel angry or annoyed with my partner without knowing why.	--	--	

I am very sensitive to my partner's moods.		--	--
I believe most people are essentially honest and dependable.	--		--
I prefer casual sex with uncommitted partners to intimate sex with one person.	--	--	
I'm comfortable sharing my personal thoughts and feelings with my partner.	--		--
I worry that if my partner leaves me I might never find someone else.		--	--
It makes me nervous when my partner gets too close.	--	--	
During a conflict, I tend to impulsively do or say things I later regret, rather than be able to reason about things.		--	--
An argument with my partner doesn't usually cause me to question our entire relationship.	--		--
My partners often want me to be more intimate than I feel comfortable being.	--	--	
I worry that I'm not attractive enough.		--	--
Sometimes people see me as boring because I create little drama in relationships.	--		--
I miss my partner when we're apart, but then when we're together I feel the need to escape.	--	--	
When I disagree with someone, I feel comfortable expressing my opinions.	--		--
I hate feeling that other people depend on me.	--	--	
If I notice that someone I'm interested in is checking out other people, I don't let it faze me. I might feel a pang of jealousy, but it's fleeting.	--		--
If I notice that someone I'm interested in is checking out other people, I feel relieved—it means s/he's not looking to make things exclusive.	--	--	
If I notice that someone I'm interested in is checking out other people, it makes me feel depressed.		--	--
If someone I've been dating begins to act cold and distant, I may wonder what's happened, but I'll know it's probably not about me.	--		--
If someone I've been dating begins to act cold and distant, I'll probably be indifferent; I might even be relieved.	--	--	

If someone I've been dating begins to act cold and distant, I'll worry that I've done something wrong.		--	--
If my partner was to break up with me, I'd try my best to show her/him what s/he is missing (a little jealousy can't hurt).		--	--
If someone I've been dating for several months tells me s/he wants to stop seeing me, I'd feel hurt at first, but I'd get over it.	--		--
Sometimes when I get what I want in a relationship, I'm not sure what I want anymore.	--	--	
I won't have much of a problem staying in touch with my ex (strictly platonic)—after all, we have a lot in common.	--		--

From Levine & Heller (2010); Adapted from Fraley, Waller, and Brennan's (2000) ECR-R Questionnaire.

TOTALS

Add up all your checked boxes in column A (Anxious):		--	--
Add up all your checked boxes in column B (Secure):	--		--
Add up all your checked boxes in column C (Avoidant):	--	--	