

Chapter 4:

Reflection Quiz: What's Your Attachment Style?

Answer the following questions honestly. Think about how you typically feel and behave in close relationships—whether romantic, familial, or even deep friendships. After each question, select the option that most closely matches your usual response.

1. When I get close to someone emotionally...

- A) I feel safe and enjoy the connection.
 - B) I start to worry they'll leave or lose interest.
 - C) I feel uncomfortable and want space.
 - D) I want closeness but also feel nervous or on edge.
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2. When my partner doesn't respond to a message quickly, I usually...

- A) Assume they're busy and don't worry.
 - B) Feel anxious and check my phone constantly.
 - C) Feel irritated or relieved to have time alone.
 - D) Feel both anxious and angry, unsure what to think.
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3. In conflict, I tend to...

- A) Stay calm and try to resolve it with open communication.
- B) Feel panicked and fear the relationship might end.
- C) Shut down, avoid confrontation, or change the subject.
- D) Feel confused—sometimes I argue, sometimes I withdraw.

4. My biggest fear in relationships is...

- A) Losing connection due to life circumstances.
 - B) Being rejected, abandoned, or not being enough.
 - C) Losing my independence or being smothered.
 - D) Being hurt again after opening up.
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5. When someone expresses affection or love for me...

- A) I appreciate it and can receive it easily.
 - B) I worry it might not last or they'll change their mind.
 - C) I feel overwhelmed or unsure how to respond.
 - D) I want it but I also don't fully trust it.
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6. When things feel too emotionally intense, I usually...

- A) Stay grounded and communicate.
 - B) Try to cling tighter to feel safe.
 - C) Pull away and need alone time.
 - D) Feel emotionally unstable and shut down or lash out.
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7. In past relationships, a common issue I faced was...

- A) Mutual respect but simply growing apart.
 - B) Feeling like I cared more than the other person.
 - C) Feeling trapped or pressured to be emotionally available.
 - D) Rollercoasters of connection, fear, and drama.
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8. My ideal relationship would feel...

- A) Safe, supportive, emotionally connected, and free.
 - B) Very close, affectionate, and always available.
 - C) Respectful of personal space, low-pressure.
 - D) Deep, but also protected from too much intensity.
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9. When I think about vulnerability, I feel...

- A) Open to it—it's part of real connection.
 - B) Nervous—it feels risky but necessary.
 - C) Guarded—I prefer to keep things to myself.
 - D) Torn—I want it but I also fear being exposed.
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10. How do you feel when someone wants to get closer emotionally?

- A) Warm and interested.
 - B) Excited, but worried about overwhelming them.
 - C) Anxious and skeptical—I'm not sure I want that.
 - D) I crave it, but also feel I'll mess it up.
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🔍 Results Key:

Tally your answers. See which letter you selected most often:

- **Mostly A's – Secure Attachment**

You're generally comfortable with intimacy and independence. You handle conflict and closeness with emotional resilience and are open to growth.

- **Mostly B's – Anxious Attachment**

You tend to crave closeness and reassurance but often fear

abandonment or rejection. You may overanalyze your partner's actions and need help building internal security.

- **Mostly C's – Avoidant Attachment**

You value independence and may feel overwhelmed by emotional demands. Vulnerability might feel like a threat, and you tend to downplay your needs.

- **Mostly D's – Fearful-Avoidant (Disorganized) Attachment**

You often feel torn between wanting love and fearing it. Your relationships may be intense, unstable, or filled with inner conflict. Healing may involve addressing unresolved trauma and developing safety within.

Now Reflect:

Take a moment to answer these journaling prompts:

1. What attachment style did you resonate with most, and why?
 2. How has this style shown up in past relationships?
 3. What are two things you'd like to change or strengthen in your attachment patterns?
 4. What does a "secure" relationship look and feel like to you?
 5. What's one small practice you can begin this week to move toward more security—either with yourself or someone else?
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