

# ATTACHMENT STYLE TEST SCORE INFORMATION\*

---

**Likert Scale:** 0-5 with **0 = not at all like me**, and **5 = very much like me**.

The higher the score on the item, the more the type is dominant. If you use more than one primary attachment style (as indicated by a high rating on more than one item), determine the circumstances that influence which style you use.

## **Statement A: Avoidant (Hardened Heart) Style**

**Score** \_\_\_\_\_

"I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have anyone depend on me."

## **Statement B: Abandonment (Fearful) Style**

**Score** \_\_\_\_\_

"I want to be completely emotional with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but sometimes I worry that others don't value me as much as I value them."

## **Statement C: Glass Half-Empty (Disorganized) Style**

**Score** \_\_\_\_\_

"I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely or to depend on them. I worry I will be hurt if I allow myself to become too close to others."

## **Statement D: Secure Attachment Style**

**Score** \_\_\_\_\_

"It is easy for me to become emotionally close to others. I am comfortable depending on others and having others depend on me. I don't worry about being alone or having others not accept me."

---

\* Kim Bartholomew, & Leonard M. Horowitz. (Adapted by M. Deborah Corley). Attachment Styles Among Young Adults: A Test of a Four Category Model. *Journal of Personality & Social Psychology*, Volume 61, Issue 2. August 1991. Washington, D.C. (Pgs. 226-244).