ATTACHMENT STYLE TEST*

DIRECTIONS: Using a scale from 0-5 with 0 = not at all like me , and 5 = very much like me , rate yourself for each of the descriptions of attachments styles listed below. Make a note if it is different if you are under significant stress.						
Α	"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."					
	0	1	2	3	4	5
	NOT AT ALL LIKE ME				VERY	/ MUCH LIKE ME
В	"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."					
	0	1	2	3	4	5
С	"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."					
	0	1	2	3	4	5
	NOT AT ALL LIKE ME				VERY	′ MUCH LIKE ME
D	D. "It is easy for me to become emotionally close to others. I am comfortable depending on others and having other depend on me. I don't worry about being alone or having others not accept me."					
	0	1	2	3	4	5
	NOT AT ALL LIKE ME					MUCH LIKE 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).