WEEK 6 • VIP INTENSIVE

HOW DO YOU ATTACH?

Discover Your Attachment Style

INSTRUCTIONS

Read each statement and check the ones that describe how you typically feel or behave in romantic relationships. Think about your patterns over time, not just one particular relationship.

Be honest with yourself. There are no right or wrong answers.

Check on screen or mark your printed copy. Count your checks and enter each total out of 8. Totals are entered manually.

Last Year Single®

NAME

DATE

PATTERN 1

Anxious Attachment

I desire closeness but often worry about losing it.

- [ ] I sometimes worry that the person I’m dating will lose interest in me.
- [ ] When communication changes, I tend to assume something is wrong.
- [ ] I need frequent reassurance that I’m loved, wanted, or valued.
- [ ] I sometimes overanalyze texts, conversations, or changes in someone’s behavior.
- [ ] I feel unsettled when I don’t know where I stand in a relationship.
- [ ] I have stayed invested in someone longer than I should because I was afraid of losing the connection.
- [ ] When someone pulls away, my instinct is to pursue them or try harder.
- [ ] My emotional wellbeing can become overly dependent on how my relationship is going.

TOTAL CHECKED: _____ **/ 8**

PATTERN 2

Dismissive Avoidant Attachment

I value independence and can feel uncomfortable with too much emotional closeness.

- [ ] I feel most comfortable when I have plenty of independence and personal space.
- [ ] I sometimes lose interest when someone becomes emotionally invested in me.
- [ ] I struggle to express my emotional needs or ask for support.
- [ ] When relationships become serious, I sometimes begin focusing on the other person’s flaws.
- [ ] I prefer handling difficult emotions on my own rather than relying on someone else.
- [ ] I can feel overwhelmed when someone wants more closeness or communication than I’m comfortable giving.
- [ ] During conflict, I tend to withdraw, shut down, or need significant distance.
- [ ] I sometimes convince myself that I don’t really need a romantic relationship.

TOTAL CHECKED: _____ **/ 8**

PATTERN 3

Fearful Avoidant Or Disorganized Attachment

I want love and closeness, but intimacy can also feel frightening or unsafe.

- ☐ I deeply desire a loving relationship but sometimes become uncomfortable when someone gets close.
- ☐ I can alternate between pursuing someone and pulling away from them.
- ☐ I sometimes struggle to trust people even when they haven’t given me a clear reason not to.
- ☐ I fear being abandoned but also fear becoming too dependent on someone.
- ☐ My reactions to closeness or conflict can feel confusing, even to me.
- ☐ I sometimes test relationships or look for signs that someone will eventually hurt me.
- ☐ I have pushed people away even when I genuinely cared about them.
- ☐ I sometimes feel torn between wanting someone to pursue me and wanting them to leave me alone.

TOTAL CHECKED: _____ **/ 8**

PATTERN 4

Secure Attachment

I’m comfortable with both emotional intimacy and healthy independence.

- [ ] I generally believe I’m worthy of love and that healthy relationships are possible.
- [ ] I can express my feelings and needs without excessive fear of rejection.
- [ ] I enjoy emotional closeness without feeling that I’m losing my independence.
- [ ] I don’t automatically assume something is wrong when someone needs personal space.
- [ ] I can communicate concerns directly instead of withdrawing or trying to control the outcome.
- [ ] I am comfortable giving and receiving affection, support, and reassurance.
- [ ] I can handle disagreements without immediately fearing the relationship will end.
- [ ] I can recognize when a relationship isn’t healthy and make decisions that protect my wellbeing.

TOTAL CHECKED: _____ **/ 8**

REFLECT

Understanding Your Results

Look at your totals for each category.

Your highest score may suggest your most familiar attachment pattern. You may also recognize yourself in more than one category.

This checklist is a reflection tool, not a validated psychological assessment or diagnosis. The categories overlap, and checking the most boxes in one section doesn't definitively establish your attachment style. Your quiz results and your real life relationship experiences can provide additional context.

WHAT I WANT YOU TO REMEMBER

Your attachment style is not your identity, your destiny, or an excuse for unhealthy relationship behavior.

Attachment patterns can change. You can learn to recognize your triggers, communicate more effectively, build trust, and develop greater emotional security.

The goal isn't simply to identify your attachment style. The goal is to learn how to love and be loved in a healthy, secure relationship.