FREE GUIDE

What's Your Attachment Style?

A 3-minute quiz + 7 phrases that calm the spiral

Understand why you react the way you do in relationships — and what to say to yourself when the anxiety hits.



WELCOME

Why your attachment style matters

Have you ever wondered why a late reply can ruin your whole evening — while someone else barely notices? Or why you pull away the moment a relationship gets serious?

Psychologists explain this with **attachment theory**. The way we learned to stay close to the people who cared for us shapes how we love as adults: how much we worry about being left, and how comfortable we are with closeness.

Researchers usually describe this with two scales: **attachment anxiety** (how much you worry about rejection) and **attachment avoidance** (how uncomfortable you feel with closeness). Your mix of the two points to one of four styles.

How to take the quiz

- Think about how you usually feel in close relationships, not just your current one.
- Answer quickly — your first reaction is usually the most honest.
- Circle a number from 1 (strongly disagree) to 5 (strongly agree) — or, on a computer or tablet, type it in the small box at the end of each line.

This quiz is a self-reflection tool, not a psychological test or diagnosis. Styles are not fixed labels: they can shift with new experiences and practice. The questions are inspired by the two dimensions used in attachment research (anxiety and avoidance, as in the ECR-R), reworded for this guide; it is not a validated test. If you're struggling, please talk to a licensed professional. In crisis? US & Canada: call or text 988 · UK: Samaritans 116 123 · Australia: Lifeline 13 11 14. Emergency: 911 / 999 / 000.

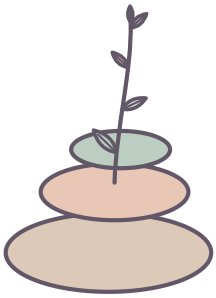


THE QUIZ

16 statements

1 = strongly disagree · 2 = disagree · 3 = neutral · 4 = agree · 5 = strongly agree

1	I worry that the people I love will lose interest in me.	1 2 3 4 5	
2	When someone doesn't reply for a while, I start imagining the worst.	1 2 3 4 5	
3	I need to hear that "we're okay" more often than my partner seems to.	1 2 3 4 5	
4	I only feel calm in a relationship when everything is going perfectly.	1 2 3 4 5	
5	When someone pulls back a little, I try harder to get close.	1 2 3 4 5	
6	I often feel that I care more than the other person does.	1 2 3 4 5	
7	I replay conversations, looking for signs that something is wrong.	1 2 3 4 5	
8	A few days apart make me uneasy about the relationship.	1 2 3 4 5	
9	I feel uncomfortable when a partner wants to be very close.	1 2 3 4 5	
10	I prefer not to depend on others for emotional support.	1 2 3 4 5	
11	When things get serious, I feel an urge to pull away.	1 2 3 4 5	
12	I find it hard to talk about my feelings, even with people I trust.	1 2 3 4 5	
13	I need a lot of space and get irritated when I don't have it.	1 2 3 4 5	
14	I keep parts of myself private, even in close relationships.	1 2 3 4 5	
15	When a partner is upset, I tend to shut down or change the subject.	1 2 3 4 5	
16	I feel most like myself when I'm on my own.	1 2 3 4 5	



YOUR RESULTS

Add up your scores

Anxiety score = statements 1–8. **Avoidance score** = statements 9–16. Each score is between 8 and 40. On a screen, type your totals right into the boxes.

My anxiety score	My avoidance score

A score of **25 or more** on a scale counts as “higher.” Find your style below.

Secure

Anxiety 24 or under · Avoidance 24 or under

You can enjoy closeness and still feel okay on your own. Silences and disagreements are uncomfortable but not alarming. Keep doing what works — and use the phrases on the next page on harder days.

Anxious

Anxiety 25+ · Avoidance 24 or under

You love deeply and stay alert to any sign of distance. Waiting for replies can feel unbearable, and reassurance only helps for a while. You may have learned that closeness needs guarding. The good news: this pattern can shift with practice. *Next step: the C.A.L.M. plan on the last page.*

Avoidant

Anxiety 24 or under · Avoidance 25+

You value independence and can feel crowded when others want more closeness. You may pull away when things get serious. Space is a real need — the work is learning to stay connected while you take it. *Partnered with someone anxious? Agreeing on “space with a time frame” (“I need an hour, let’s talk at 8”) often helps you both.*

Fearful-avoidant

Anxiety 25+ · Avoidance 25+

You want closeness and fear it at the same time, so you may swing between chasing and pulling away. This pattern can be linked to relationships that felt both loving and unsafe. Gentle, steady practice helps — and so does support from a therapist.



FOR THE ANXIOUS MOMENTS

7 phrases that calm the spiral

Say them slowly, ideally after one long breath out. Save your favorite as your lock screen.

1 **“This is a feeling, not a fact.”**
Naming an emotion can help calm the brain’s alarm and separates what you feel from what is true.

2 **“Silence is not a sentence.”**
A late reply is information about their day far more often than about your worth.

3 **“I can handle not knowing for a little while.”**
Anxiety hates uncertainty. Tolerating it for 20 minutes is a skill you can build.

4 **“My worth doesn’t depend on how fast someone replies.”**
This moves your sense of value back inside you, where nobody else controls it.

5 **“I’ll calm my body first, then decide what to do.”**
You can’t think clearly in alarm mode. Breathe out slowly first, then decide.

6 **“If something is wrong, I’ll find out — I don’t have to find out right now.”**
This lets you stop checking, scrolling and analyzing without ignoring real problems.

7 **“I’m allowed to ask for what I need, clearly and kindly.”**
Clear requests work better than tests, hints or protests — and they respect both of you.



YOUR NEXT STEP

Phrases help in the moment. A plan changes the pattern.

If your quiz showed an anxious or fearful-avoidant style, you probably know the cycle: a trigger, a rush of fear, a story in your head, an urge to text or check — and then a short relief that never lasts.

Inside the full workbook you'll find the **C.A.L.M. Spiral Stopper** — a 10-minute plan for the moment the alarm goes off:

C — **Calm the body**
Two minutes of slow breathing before anything else.

A — **Acknowledge the feeling**
Name it to tame it.

L — **Look at the facts**
Separate what happened from the story your mind added.

M — **Make one kind move**
Act from your calm self, not from panic.

Which one fits your result?

- **Mostly anxious** → **the Calm & Secure Kit:** the 30-day workbook, Spiral SOS on your phone, kit extras and a note for your partner — 15 minutes a day.
- **Anxious — and your partner pulls away** → **the Complete Library:** the Kit plus *When He Pulls Away* (Book 2), *Push & Pull* (Book 3) and the affirmation deck.
- **Fearful-avoidant** → *Push & Pull* (Book 3) — ideally alongside a therapist.

See the Kit and the Library →

LINK stillandsure.com

