

What's My "Relationship Style?"

Please rate each of the following relationship styles according to the *extent* to which you think each description corresponds to your general relationship style.

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

	Not at all like me			Somewhat like me			A lot like me
Style A.	1	2	3	4	5	6	7

- B.** 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 that I will be hurt if I allow myself to become too close to others.

Style B.	1	2	3	4	5	6	7
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- C.** I want to be completely emotionally intimate 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 I sometimes worry that others don't value me as much as I value them.

Style C.	1	2	3	4	5	6	7
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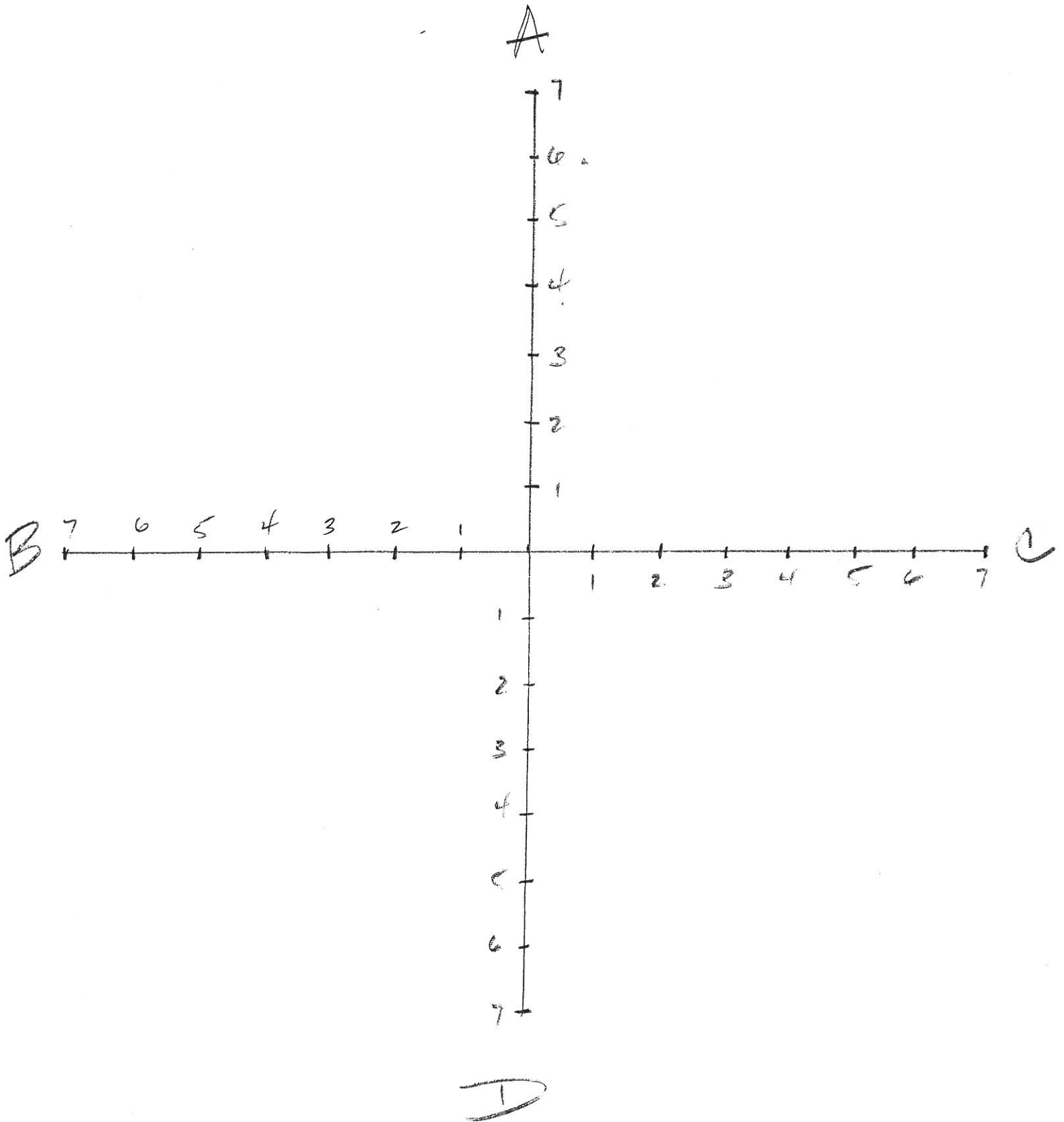
- D.** I am comfortable without close emotional relationships, It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

Style D.	1	2	3	4	5	6	7
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Hazen & Shaver (1990)

Most folks don't have just ONE approach to attachment; over the years we've developed a profile that works (...or doesn't...) for us. If you're comfortable with your relationships most of the time, great! But if you become aware that your pattern has some problems, now you can choose to change. Take a moment to plot your responses to the 4 Styles on the next page. Notice anything? Something you might like to explore?

What's My "Relationship Style?"



A = Secure attachment pattern
C = Anxious/ambivalent

B = Avoidant pattern
D = Detached/Dismissive

(after Hazen & Shaver mgb 2013)