

Exercise

Adult Attachment Questionnaire (AAQ)

Complete the questionnaire below - think about what the results mean for you, it will help you interpret your responses to your child.

Indicate how you typically feel toward romantic (dating) partners in general. Keep in mind that there are no right or wrong answers.

Please note: this questionnaire does not represent a clinical diagnosis.

Use the following 7-point scale:

Strongly Agree

1

2

3

4

5

6

7

Strongly Disagree

| No. | Question | Score |
|-----|--|-------|
| 1 | I find it relatively easy to get close to others. | |
| 2 | I am not very comfortable having to depend on other people. | |
| 3 | I am comfortable having others depend on me. | |
| 4 | I rarely worry about being abandoned by others. | |
| 5 | I do not like people getting too close to me. | |
| 6 | I am somewhat uncomfortable being too close to others. | |
| 7 | I find it difficult to trust others completely. | |
| 8 | I am nervous whenever anyone gets too close to me. | |
| 9 | Others often want me to be more intimate than I feel comfortable being. | |
| 10 | Others often are reluctant to get as close as I would like. | |
| 11 | I often worry that my partner(s) do not really love me. | |
| 12 | I rarely worry about my partner(s) leaving me. | |
| 13 | I often want to merge completely with others, and this desire sometimes scares them away | |
| 14 | I am confident others would never hurt me by suddenly ending our relationship. | |
| 15 | I usually want more closeness and intimacy than others do. | |
| 16 | The thought of being left by others rarely enters my mind. | |
| 17 | I am confident that my partner(s) love me just as much as I love them. | |

Adult Attachment Questionnaire (AAQ)

Answer Sheet

Your worker will complete this with you once you have done the questionnaire.

Items 1, 3, 4, 12, 14, 16, and 17 must be reversed-keyed prior to constructing each scale

- i.e. 1=7, 2=6, 3=5, 4=4, 5=3, 6=2, 7=1

The **Avoidance scale** is comprised of items 1-3 and 5-9. Higher scores on this dimension reflect greater avoidance.

The **Anxiety scale** is comprised of items 4 and 10-17. Higher scores on this dimension reflect greater anxiety.

Greater attachment security is defined by lower scores on both scales.

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|-----|--|-------|----------|
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| 3 | I am comfortable having others depend on me. | | |
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Simpson, J. A., Rholes, S. W., & Phillips, D. (1996). Conflict in close relationships: An attachment perspective. Journal of Personality and Social Psychology, 71, 899-914. doi: 10.1037/0022-3514.71.5.899