



# **BRIGHT STAR COMMUNITY CARE**

## **RELATIONSHIP: Attachment Style Questionnaire**

### **Hazan and Shaver's Questionnaire**

	YES	SOMETIMES	NO
<b>Secure</b> I find it relatively easy to get close to others and I am comfortable depending on them and have them depend on me. I don't often worry about being abandoned or about someone getting too close to me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Resistant, Ambivalent Anxious:</b> I find that others are reluctant to get as close as I would like. I often worry that my partner doesn't really love me or won't stay with me, I want to merge completely with another person, and this desire sometimes scares people away	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Avoidant</b> I am somewhat uncomfortable being close to others; I find it difficult to trust them completely, difficult to allow myself to depend on them. I am nervous when anyone gets too close, and often, love partners want me to be more intimate than I feel comfortable being	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Hazen, C., & Shaver, P.R. (1987) [www.Londongrip.co.uk/2012/03/attachment-style-and-relationship-success-part-3/](http://www.Londongrip.co.uk/2012/03/attachment-style-and-relationship-success-part-3/)