



# ATTACHMENT STYLE ASSESSMENT

*Understanding How Your Early Relationships Shape Your Present*

## INTRODUCTION

Your attachment style was formed in childhood through your relationships with primary caregivers. These early experiences taught your brain fundamental lessons about relationships: whether people are trustworthy, whether your needs will be met, and whether closeness is safe or dangerous. These patterns, formed before you had words for them, continue to influence your relationships today, including your relationship with pornography.

This assessment will help you identify your primary attachment style. Understanding your attachment style is not about blame; it is about insight. When you see how your early experiences shaped you, you can understand your vulnerabilities and begin the work of healing.

## INSTRUCTIONS

For each statement, rate how much it describes you on a scale of 1 to 5:

**1 = Not at all like me   2 = A little like me   3 = Somewhat like me   4 = Mostly like me   5 = Very much like me**

Answer based on how you generally feel and behave in close relationships, not how you think you should feel. There are no right or wrong answers.

## SECTION A

#	Statement	1	2	3	4	5
1	I find it easy to get close to others and am comfortable depending on them.					
2	I do not often worry about being abandoned or about someone getting too close to me.					
3	I find it relatively easy to trust people.					
4	I am comfortable sharing my feelings and needs with people I am close to.					
5	I feel confident that people I care about will be there for me when I need them.					

6	I can be myself in close relationships without fear of rejection.					
7	I believe I am worthy of love and that others are generally trustworthy.					
8	I am comfortable with both intimacy and independence in relationships.					
<b>SECTION A Total:</b>						_____ / 40

## SECTION B

#	Statement	1	2	3	4	5
1	I often worry that my partner does not really love me or will leave me.					
2	I want to get very close to people, but this sometimes scares them away.					
3	I need a lot of reassurance that I am loved and valued.					
4	I often feel that others do not want to get as close as I would like.					
5	I worry a lot about my relationships and whether people truly care about me.					
6	When I am not in a relationship, I feel anxious and incomplete.					
7	I tend to become very attached to people quickly and intensely.					
8	I often fear that I am too much for people and will drive them away.					
<b>SECTION B Total:</b>						_____ / 40

## SECTION C

#	Statement	1	2	3	4	5
1	I am uncomfortable getting close to others and find it difficult to trust them.					
2	I prefer not to depend on others or have others depend on me.					
3	I feel uncomfortable when people want to get too emotionally close.					

4	I find it difficult to open up and share my feelings with others.					
5	I value my independence and self-sufficiency more than close relationships.					
6	I tend to pull away when relationships become too intimate.					
7	I often feel that I do not need close relationships to be happy.					
8	When stressed, I prefer to handle things on my own rather than seek support.					
<b>SECTION C Total:</b>						_____ / 40

## SECTION D

#	Statement	1	2	3	4	5
1	I find relationships confusing; I want closeness but also find it frightening.					
2	I sometimes feel drawn to people who are unavailable or who treat me poorly.					
3	My relationships tend to be unpredictable or chaotic.					
4	I struggle to regulate my emotions in close relationships.					
5	I sometimes push people away when I actually want them closer.					
6	I have experienced significant trauma or abuse in my past.					
7	I find it hard to know what I want or need in relationships.					
8	I sometimes feel numb or disconnected in relationships, even when I want to feel close.					
<b>SECTION D Total:</b>						_____ / 40



## SCORING AND INTERPRETATION

### CALCULATE YOUR SCORES

Add up your scores for each section. Your highest-scoring section indicates your primary attachment style.

Section	Attachment Style	Your Score
Section A	<b>Secure Attachment</b>	___ / 40
Section B	<b>Anxious Attachment</b>	___ / 40
Section C	<b>Avoidant Attachment</b>	___ / 40
Section D	<b>Disorganised Attachment</b>	___ / 40

My highest score is in Section \_\_\_\_, indicating a primarily \_\_\_\_\_ attachment style.

### UNDERSTANDING THE ATTACHMENT STYLES

#### SECURE ATTACHMENT

**How It Forms:** Secure attachment develops when caregivers are consistently responsive, available, and safe. The child learns that their needs matter, that people can be trusted, and that closeness is a source of comfort rather than pain. This creates a stable foundation for all future relationships.

**What It Looks Like:** Adults with secure attachment are comfortable with both intimacy and independence. They can be vulnerable without overwhelming fear, trust without constant reassurance, and give and receive love with relative freedom. They believe they are worthy of love and that others are generally trustworthy. When conflict arises, they can address it directly without withdrawing or becoming desperate.

**Connection to Pornography:** Those with secure attachment are less vulnerable to pornography addiction, though not immune. When they do struggle, it is often due to factors other than attachment wounds, such as early exposure, curiosity, or stress. Recovery tends to be more straightforward because they can form the supportive relationships that aid healing.

**Path Forward:** If you have secure attachment, leverage your relational strengths in recovery. Build accountability relationships, be vulnerable about your struggle, and trust that people will support you. Your foundation is solid; build on it.



## ANXIOUS ATTACHMENT

**How It Forms:** Anxious attachment develops when caregivers are inconsistent: sometimes available and loving, sometimes unavailable or preoccupied. The child learns that connection is possible but unreliable. They become hypervigilant to signs of abandonment and work hard to maintain closeness, never quite trusting that love will last.

**What It Looks Like:** Adults with anxious attachment crave closeness but constantly worry about rejection. They need frequent reassurance that they are loved. They may become clingy, jealous, or possessive. They often feel that others do not want to get as close as they would like. When conflict arises or a partner seems distant, they may panic, pursue intensely, or become preoccupied with the relationship to the exclusion of other things.

**Connection to Pornography:** Pornography can temporarily soothe anxious attachment by providing an illusion of being desired. The performers seem to want you; they are always available and never reject you. This counterfeit connection quiets the anxiety for a moment. Pornography may also be used after perceived rejection or when a partner seems distant, as a way to feel wanted when real connection feels uncertain.

**Path Forward:** Recovery involves learning to tolerate uncertainty in relationships without reaching for counterfeit reassurance. Practice self-soothing when anxiety rises. Work on believing you are worthy of love even without constant proof. Build relationships with consistent, trustworthy people who can provide the security your childhood lacked. Consider therapy to address the roots of your anxiety.

## AVOIDANT ATTACHMENT

**How It Forms:** Avoidant attachment develops when caregivers are emotionally unavailable, dismissive, or rejecting. The child learns that their emotional needs will not be met by others and that depending on people leads to disappointment. They adapt by suppressing their need for connection and learning to rely only on themselves.

**What It Looks Like:** Adults with avoidant attachment are uncomfortable with closeness and find it difficult to trust or depend on others. They value independence and self-sufficiency, sometimes to an extreme. They may seem emotionally distant or detached. When relationships become too intimate, they pull away. They often believe they do not need close relationships to be happy, though this may mask a deeper loneliness they have learned to suppress.

**Connection to Pornography:** Pornography is particularly appealing to those with avoidant attachment because it offers sexual stimulation without relational demands. There is no vulnerability required, no risk of rejection, no need to attend to another person's needs. It is intimacy without intimacy, connection without connection. This feels safer than real relationships but deepens isolation over time.

**Path Forward:** Recovery involves slowly learning that connection is safe and that vulnerability will not destroy you. This is difficult because your entire system is designed to avoid closeness. Start small: share one honest thing with a trusted person. Tolerate the discomfort. Notice that you survive. Gradually increase vulnerability. Therapy can be invaluable for exploring why you learned to shut down and for experiencing a safe relationship with the therapist.



## DISORGANISED ATTACHMENT

**How It Forms:** Disorganised attachment develops when caregivers are frightening, abusive, or severely neglectful. The child faces an impossible situation: the person who should provide safety is also the source of fear. There is no strategy that works, no way to get needs met safely. This creates profound confusion and dysregulation around relationships.

**What It Looks Like:** Adults with disorganised attachment experience chaos and confusion in relationships. They may desperately want closeness while also finding it terrifying. They may oscillate between pursuing and withdrawing, between idealising and devaluing partners. They often struggle to regulate emotions, particularly in intimate contexts. Relationships may be intense, unstable, or marked by patterns that repeat despite efforts to change.

**Connection to Pornography:** Compulsive sexual behaviour, including pornography addiction, is common with disorganised attachment. Pornography can serve multiple conflicting functions: providing stimulation, numbing pain, creating intensity without real risk, and offering a sense of control that was absent in childhood. The content someone is drawn to may relate to trauma in complex ways. Recovery is often more complicated and requires professional support.

**Path Forward:** If you have disorganised attachment, professional therapy is strongly recommended, ideally with a trauma-informed therapist. The wounds that created this pattern are deep and require skilled support to heal. Be patient with yourself; your nervous system learned to survive impossible circumstances, and it takes time to teach it that safety is possible. Recovery is absolutely possible, but it often requires more intensive support than self-help alone can provide.



## A NOTE ON MIXED PATTERNS

Many people do not fit neatly into one category. You may have high scores in multiple sections. This is normal. Attachment patterns exist on a spectrum, and many people show features of more than one style. You might be anxious in romantic relationships but avoidant in friendships, or secure in some contexts and insecure in others.

Pay attention to your highest score, but also notice secondary patterns. Both may be relevant to your recovery journey.

## ATTACHMENT CAN CHANGE

Your attachment style was formed in childhood, but it is not fixed forever. The brain remains plastic throughout life. New relational experiences can create new patterns. Research shows that people can move toward more secure attachment through:

- Long-term therapy with a skilled, consistent therapist
- Secure relationships with partners, friends, or mentors who are consistently available and trustworthy
- Healing prayer and spiritual formation that addresses core beliefs about self and others
- Intentional work to recognise and change insecure patterns
- Time in safe community where you can practise vulnerability

This process is sometimes called "earned secure attachment." The security you did not receive in childhood can be built in adulthood through corrective relational experiences. It takes time and intentional effort, but transformation is possible.

## NEXT STEPS

**Reflect:** How does your attachment style help explain your relationship with pornography? What need might pornography be meeting that relates to your attachment wounds?

**Share:** Consider sharing your results with a counsellor, accountability partner, or trusted friend. Talking about attachment can deepen self-understanding and connection.

**Read:** For deeper understanding, consider reading "Attached" by Amir Levine and Rachel Heller, or "Hold Me Tight" by Sue Johnson.

**Seek Support:** If you scored high in disorganised attachment or if trauma is part of your story, consider working with a therapist who specialises in attachment and trauma.



**Practice:** Begin noticing your attachment patterns in daily life. When do you feel anxious about relationships? When do you pull away? Awareness is the first step toward change.

*Your attachment wounds are real, but they do not have to define your future. **Healing is possible.***