

# ADULT ATTACHMENT STYLES

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## **DIANE POOLE HELLER'S ATTACHMENT STYLE QUIZ**

Take this online quiz to determine your attachment style:  
<http://dianepooleheller.com/attachment-quiz/>

What are your thoughts about the results?

Write them here:

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## INSECURE REACTIONS INVENTORY:

Put a check mark next to the following behaviors you recognize in yourself:

- Mind reading and jumping to conclusions without asking questions or getting curious.
- Passive-aggressive behaviors like sarcasm, the silent treatment, or deliberate button pushing.
- All-or-nothing thinking that leads to putting the person on a pedestal or catastrophizing the outcome of the relationship.
- Recalling only the negative of the other person or bringing up past offenses while in a conflict.
- Manipulating the situation to get attention or get your way.
- Picking a fight to get some kind of reaction out of the other person.
- Hostile behaviors like dirty looks, rolling your eyes or getting up and stomping out of the room.
- Withdrawing by acting busy or appearing unapproachable.
- Excessively attempting to connect through repetitive emailing, calling or texting.
- Tit for tat: Keeping score and making sure you pay them back "blow for blow".
- Distancing mentally or physically, isolating and shutting people out. Feeling the need to get away.
- Making critical remarks and belittling others.
- Minimizing emotional sharing and limiting vulnerability in relationship.
- Expressing rage or violent behavior toward another person.
- Repressing feelings of love and concern.
- Being aloof and self-sufficient.
- Dismissing the needs and emotional cues of others. Ignoring them, not listening.

Are there any other reactions you notice in yourself that are not listed above?  
Write them here:

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(Pause: Take a deep breath. Practice self-compassion) :)

Put a check mark next to the following secure resilient actions you would like to put into practice (Pivot):

- Regulating your emotions.
- Practicing curiosity.
- Listening with empathy.
- Reaching for connection when you feel the impulse to shut down or withdraw.
- Keeping the conflict "current" and refusing the compulsion to drag past misunderstandings or unhealed wounds into the argument.
- Speaking and acting in an encouraging way. Choosing to find one positive trait or action you can highlight and acknowledge with the other person.
- Making yourself available to others.
- Practicing effective communication: be honest, clear and straight-forward.
- Express how you feel and ask for what you need.

Identify one behavior you will practice the Pause & Pivot around this week:

How are you going to put this into practice?