

HVL Connect Attachment Style Assessment

Discover Your Relationship Patterns and Growth Opportunities

Instructions

This assessment will help you understand your attachment style - the unconscious patterns that influence how you connect with others in relationships. There are no right or wrong answers, only insights that can guide your growth.

For each statement, choose the response that feels most true for you most of the time in romantic relationships:

1 = Never true

2 = Rarely true

3 = Sometimes true

4 = Often true

5 = Always true

Assessment Questions

1. I find it easy to express my needs and feelings to my partner.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

2. I worry that my partner doesn't love me as much as I love them.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

3. I prefer to keep some emotional distance in relationships.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

4. I feel comfortable depending on my partner and having them depend on me.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

5. I often feel anxious when my partner is away or unavailable.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

6. I believe that getting too close to someone will eventually hurt me.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

7. I can discuss relationship problems calmly with my partner.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

8. I need frequent reassurance that my partner cares about me.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

9. I feel uncomfortable when my partner wants to be very close emotionally.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. I trust that my partner will be there for me when I need them.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

11. I often feel like my partner might leave me.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

12. I find it difficult to fully trust my partner's intentions.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

13. I feel secure in my relationships most of the time.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

14. I tend to become very upset when my partner and I argue.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

15. I often shut down emotionally when conflicts arise.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Scoring Instructions

Secure Attachment: Add scores for questions 1, 4, 7, 10, 13

Total: ____/25

Anxious Attachment: Add scores for questions 2, 5, 8, 11, 14

Total: ____/25

Avoidant Attachment: Add scores for questions 3, 6, 9, 12, 15

Total: ____/25

Determining Your Primary Style:

- **If one score is 18 or higher:** This is your primary attachment style
- **If multiple scores are 15-17:** You have mixed attachment patterns
- **If no score is above 14:** You have mixed or developing attachment patterns

Detailed Results

Secure Attachment (Score: 18-25)

Congratulations! You demonstrate a secure attachment style, which is the foundation for healthy, lasting relationships.

Your Strengths:

- You communicate your needs clearly and listen well to others
- You're comfortable with intimacy and independence
- You trust your partner and feel confident in their love

- You handle conflict constructively
- You support your partner's growth while maintaining your own identity

In Relationships, You:

- Express emotions openly and appropriately
- Seek support when needed without being overly dependent
- Give your partner space without feeling threatened
- Work through disagreements with curiosity rather than defensiveness
- Maintain friendships and interests outside the relationship

Growth Opportunities:

Even with secure attachment, there's always room to grow:

- Continue developing emotional intelligence and communication skills
- Be patient with partners who may have different attachment styles
- Model healthy relationship behaviors for others
- Stay curious about your partner's inner world

Coaching Focus:

Our work together will focus on optimizing your natural strengths and helping you navigate specific relationship challenges or transitions.

Anxious Attachment (Score: 18-25)

You have an anxious attachment style. This means you deeply value close relationships but sometimes worry about your partner's feelings or availability.

Your Strengths:

- You're highly attuned to your partner's emotions and needs
- You value deep emotional connection
- You're willing to work hard for your relationships
- You bring passion and intensity to love
- You're often very empathetic and caring

Common Patterns:

- Seeking frequent reassurance from your partner
- Worrying about your partner's commitment or feelings
- Feeling anxious when your partner needs space
- Sometimes becoming overwhelmed by relationship conflicts
- Difficulty self-soothing when your partner is unavailable

In Relationships, You May:

- Text or call frequently when apart
- Analyze your partner's words and actions for hidden meanings
- Feel responsible for your partner's moods
- Struggle with your partner's need for independence
- Experience intense highs and lows in the relationship

Growth Opportunities:

- Develop self-soothing techniques for relationship anxiety
- Practice trusting your partner's words and actions
- Build a strong sense of self outside the relationship
- Learn to communicate needs without demanding immediate reassurance
- Cultivate patience with your partner's different communication style

Coaching Focus:

We'll work on building your emotional regulation skills, developing secure self-worth, and creating healthy communication patterns that get your needs met without overwhelming your partner.

Avoidant Attachment (Score: 18-25)

You have an avoidant attachment style. This means you value independence and may find intense emotional intimacy challenging, though you still desire connection.

Your Strengths:

- You're self-reliant and independent
- You don't lose yourself in relationships
- You can think clearly during conflicts
- You respect boundaries and personal space
- You bring stability and consistency to relationships

Common Patterns:

- Preferring to handle problems on your own
- Feeling uncomfortable with too much emotional intensity
- Needing space to process feelings before sharing
- Sometimes appearing distant when stressed
- Valuing actions over words in showing love

In Relationships, You May:

- Struggle to express vulnerable emotions
- Feel suffocated by a partner's need for closeness
- Withdraw during conflicts rather than engage
- Show love through actions rather than words
- Need time alone to recharge and process

Growth Opportunities:

- Practice expressing emotions and needs verbally
- Learn to stay present during emotional conversations
- Develop comfort with interdependence
- Recognize when withdrawal becomes harmful to the relationship
- Build tolerance for your partner's emotional needs

Coaching Focus:

We'll work on expanding your emotional vocabulary, developing skills for intimate communication, and finding ways to maintain your independence while building deeper connection.

Mixed or Complex Patterns (Multiple high scores or no dominant style)

You show mixed or complex attachment patterns. This means you may display different attachment behaviors in different relationships or situations, which is actually quite common and shows the adaptability of the human attachment system.

This Might Mean:

- Your attachment style varies depending on the relationship or context
- You're currently healing from past relationship or attachment trauma
- You have some secure patterns mixed with anxious and/or avoidant tendencies
- You may be experiencing what researchers call "disorganized attachment" - a pattern that can develop from early trauma or inconsistent caregiving

Common Mixed Pattern Experiences:

- Simultaneously wanting closeness and fearing it
- Feeling confused about your needs in relationships
- Having different attachment responses with different people
- Experiencing internal conflict about intimacy and independence
- Feeling like your relationship patterns don't fit neat categories

Your Strengths:

- You have experience with multiple attachment strategies
- You're adaptable in different relationship contexts
- You may be highly empathetic due to your varied experiences
- You're likely very aware of relationship dynamics
- You have the potential to develop secure patterns across all your relationships

Growth Opportunities:

- Develop self-awareness about what triggers different attachment responses
- Learn to recognize and interrupt unhelpful patterns
- Practice grounding and self-regulation techniques
- Build a coherent narrative about your relationship experiences
- Develop consistent, secure relationship behaviors

Understanding Complex Attachment Patterns

About Disorganized Attachment:

Sometimes mixed patterns indicate what attachment researchers call "disorganized attachment." This style often develops when early caregivers were inconsistent, frightening, or both comforting and threatening. People with disorganized attachment may experience:

- Conflicting desires for closeness and distance
- Difficulty regulating emotions in relationships
- Confusion about their own needs and feelings
- Intense fear of abandonment combined with fear of intimacy
- Relationship patterns that feel chaotic or unpredictable

Important Note: If these patterns feel familiar, you're not broken or unfixable.

Disorganized attachment is a normal response to abnormal circumstances, and with the right support, you can develop more secure, consistent relationship patterns.

Integrated Care at HVL Connect

Coaching and Therapy Collaboration:

At HVL Connect, we understand that complex attachment patterns often benefit from both therapeutic healing and practical relationship skill-building. That's why I work closely with **Rebekah Yigael, Licensed Therapist** at HVL Therapy & Coaching Center.

When Therapy Might Be Beneficial:

- You have a history of trauma that affects your relationships
- You experience intense emotional reactions that feel overwhelming
- You struggle with emotional regulation or self-soothing
- You have patterns that feel compulsive or out of your control
- You want to process past experiences that impact current relationships

How Coaching and Therapy Work Together:

- **Therapy with Rebekah:** Process trauma, develop emotional regulation skills, heal attachment wounds
- **Coaching with Dante:** Learn practical relationship skills, develop communication strategies, create healthy relationship patterns
- **Integrated Approach:** Both professionals communicate (with your permission) to ensure coordinated, comprehensive support

Your Coaching Focus

Whether you work with me alone or in collaboration with Rebekah, we'll focus on:

Immediate Strategies:

- Developing awareness of your attachment triggers
- Learning grounding techniques for emotional overwhelm
- Creating safety and predictability in your current relationships
- Building self-compassion for your attachment journey

Skill Development:

- Consistent communication patterns that feel authentic to you
- Emotional regulation tools for relationship stress
- Boundary setting that honors both your needs and your partner's
- Trust-building strategies that account for your unique patterns

Long-term Growth:

- Developing a secure sense of self within relationships
- Creating coherent narratives about your relationship experiences
- Building resilience for navigating relationship challenges
- Maintaining healthy relationships while continuing to heal

Next Steps for Mixed Patterns

1. **Reflect on Your Experience:** Do these complex patterns resonate with your relationship history?
2. **Consider Your Needs:** Would you benefit from trauma-informed therapy alongside relationship coaching?
3. **Discuss with Your Coach:** Bring these results to our sessions for deeper exploration of your unique patterns.
4. **Explore Integrated Care:** Ask about how coaching and therapy might work together to support your goals.
5. **Practice Self-Compassion:** Complex attachment patterns developed for good reasons. Honor your survival strategies while working toward growth.

Understanding Your Results

Important Notes:

Attachment Styles Can Change: Your attachment style isn't fixed. With awareness and practice, you can develop more secure patterns over time.

Context Matters: You might show different attachment patterns with different people or in different situations.

All Styles Have Gifts: Each attachment style brings unique strengths to relationships. Growth isn't about changing who you are - it's about expanding your capacity for secure connection.

Growth is Possible: Regardless of your current style, you can develop the skills for healthy, secure relationships.

Next Steps:

1. **Reflect on Your Results:** Do these patterns feel accurate to your relationship experience?
2. **Share with Your Coach:** Bring these results to your coaching sessions for deeper exploration.
3. **Practice Self-Compassion:** Your attachment style developed for good reasons. Honor your journey while working toward growth.
4. **Start Small:** Choose one growth area to focus on rather than trying to change everything at once.

Resources for Your Attachment Style:

For Secure Attachment:

- *"The Seven Principles for Making Marriage Work" by John Gottman*
- Continue developing emotional intelligence and communication skills

For Anxious Attachment:

- *"Attached" by Amir Levine and Rachel Heller*
- Practice self-soothing techniques and mindfulness
- Focus on building secure self-worth

For Avoidant Attachment:

- *"Hold Me Tight" by Sue Johnson*
- Practice emotional expression and vulnerability
- Work on staying present during emotional conversations

For Mixed/Complex Patterns:

- *"Attached" by Amir Levine and Rachel Heller*
- *"Wired for Love" by Stan Tatkin*
- *"The Body Keeps the Score" by Bessel van der Kolk (for trauma-informed understanding)*
- *"Hold Me Tight" by Sue Johnson*

Immediate Tools:

- Grounding techniques for emotional overwhelm
- Self-soothing practices for attachment anxiety
- Journaling prompts for pattern recognition
- Mindfulness practices for present-moment awareness

Contact Information for Integrated Care

For Relationship Coaching:

Dante Yigael, Certified Life Coach

Email: dante@hvlccc.com

Phone: 832-800-0417

For Trauma-Informed Therapy:

Rebekah Yigael, Licensed Therapist

HVL Therapy & Coaching Center

[Contact information would be provided]

For Integrated Care Consultation:

We offer joint consultations to help you determine the best combination of services for your unique needs and goals.

A Personal Note About Your Attachment Journey

Your attachment style is not your destiny - it's your starting point. Whether you scored high in one category or found yourself with mixed patterns, what matters most is your willingness to grow and create the relationships you desire.

In my 20+ years of coaching, I've seen people with every attachment style create beautiful, secure, lasting relationships. The key is understanding your patterns, developing new skills, and practicing them consistently with compassion for yourself. Having complex attachment patterns doesn't make you "difficult" or "too much" for healthy relationships. It means you've survived challenging experiences and developed sophisticated strategies for navigating relationships. Your sensitivity and awareness, while sometimes overwhelming, are also gifts that can contribute to deeply meaningful connections.

The goal isn't to fit into a neat attachment category - it's to develop secure, consistent patterns that serve your relationship goals while honoring your unique journey.

Remember: Your attachment journey is unique, and there's no "right" timeline for growth. Whether you work with coaching alone, therapy alone, or both together, the most important thing is that you're taking steps toward the secure, loving relationships you deserve.

Welcome to your transformation journey.

Dante Yigael

Certified Life & Relationship Coach

HVL Connect

This assessment is for educational purposes and personal insight. It is not a clinical diagnosis. For comprehensive attachment assessment or trauma-informed therapy, please consult with a licensed mental health professional.