Adult Attachment Scale (AAS)

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Please rate how much you agree with the following statements on a scale of 1 (strongly disagree) to 5 (strongly agree):

I find it difficult to allow myself to depend on others.

1 2 3 4 5

People are never there when you need them.

1 2 3 4 5

I am comfortable depending on others.

1 2 3 4 5

I know that others will be there when I need them.

1 2 3 4 5

I find it difficult to trust others completely.

1 2 3 4 5

I am not sure that I can always depend on others to be there when I need them.

1 2 3 4 5

I do not often worry about being abandoned.

1 2 3 4 5

I often worry that my partner does not really love me.

1 2 3 4 5

I find others are reluctant to get as close as I would like.

1 2 3 4 5

I often worry my partner will not want to stay with me.

1 2 3 4 5

I want to merge completely with another person.

1 2 3 4 5

My desire to merge sometimes scares people away.

1 2 3 4 5

I find it relatively easy to get close to others.

1 2 3 4 5

I do not often worry about someone getting close to me.



I am somewhat uncomfortable being close to others.



I am nervous when anyone gets too close.



I am comfortable having others depend on me.



Often, love partners want me to be more intimate than I feel comfortable being.



Please consider your feelings and attitudes across all of your significant relationships when responding to these items.