

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.

- 1
 - 2
 - 3
 - 4
 - 5
-

I am somewhat uncomfortable being close to others.

- 1
 - 2
 - 3
 - 4
 - 5
-

I am nervous when anyone gets too close.

- 1
 - 2
 - 3
 - 4
 - 5
-

I am comfortable having others depend on me.

- 1
 - 2
 - 3
 - 4
 - 5
-

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

- 1
 - 2
 - 3
 - 4
 - 5
-

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