

# Attachment Style Quiz

We Level Up



# CAGE QUESTIONNAIRE

## Welcome to the Attachment Style Quiz.

Relationship attachment style refers to the way individuals emotionally bond with and connect to others in close relationships, particularly romantic relationships. Psychologist John Bowlby developed attachment theory, which suggests that early experiences with caregivers influence the formation of an individual's attachment style. Attachment styles are thought to shape how people approach intimacy, manage emotions in relationships, and respond to separations or conflicts.

\*By taking this free quiz, you may obtain your results online and in your email box. You'll have the opportunity to opt-in to learn more about your symptoms, talk to a mental health consultant and join our newsletter. Rest assured your information is private and confidential. Results, consultations and assessment are provided without any cost to you and without any obligation. If you do not wish to provide your contact information, you may omit it during your quiz. Thank you for opting in and participating. To you best of health.

**Check the answer that identifies most of you**

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In relationships, do you generally feel comfortable expressing your emotions and needs openly?

- A. Yes
- B. No

Do you often worry about the stability of your relationships, fearing abandonment or rejection?

- A. Yes
- B. No

Do you value your independence and personal space in relationships, sometimes finding emotional intimacy challenging?

- A. Yes
- B. No

Are you generally at ease with both intimacy and independence in your relationships?

- A. Yes
- B. No

Do you seek constant reassurance and closeness from your partner, often worrying about their feelings toward you?

- A. Yes
- B. No

Are you hesitant to fully trust others in relationships, and do you prioritize self-sufficiency?

- A. Yes
- B. No

Do you sometimes feel conflicted about getting close to others, experiencing a mix of desire for intimacy and fear of vulnerability?

- A. Yes
- B. No

Is it challenging for you to rely on others emotionally, and do you prefer handling issues on your own?

- A. Yes
- B. No

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Do you generally feel secure in your relationships, trusting your partner and feeling valued?

- A. Yes
- B. No

Do you find it challenging to express your emotions openly, and do you prefer maintaining a certain level of emotional distance in relationships?

- A. Yes
- B. No

Check the results

### **0-3 "Yes" Responses**

Little or No Indication of Attachment Style

Indicates traits associated with a different attachment style. Reflect on the absence of certain traits and consider how this may impact your relationships.

### **4-6 "Yes" Response**

Moderate Indication of Attachment Style

Suggests a mix of attachment style traits. Consider which questions align with your experiences to gain insights into your relational patterns.

Get a Free assessment, Free consultation, and Free answers to your questions 24/7. Without any obligation.

### **7-10 "Yes" Responses**

Strong Indication of Attachment Style

Indicates traits associated with a particular attachment style. Reflect on the specific questions to identify potential patterns.

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We Level Up treatment center provides world-class care with round-the-clock medical professionals available to help you cope. Get a Free assessment, Free consultation, and Free answers to your questions 24/7. Without any obligation.