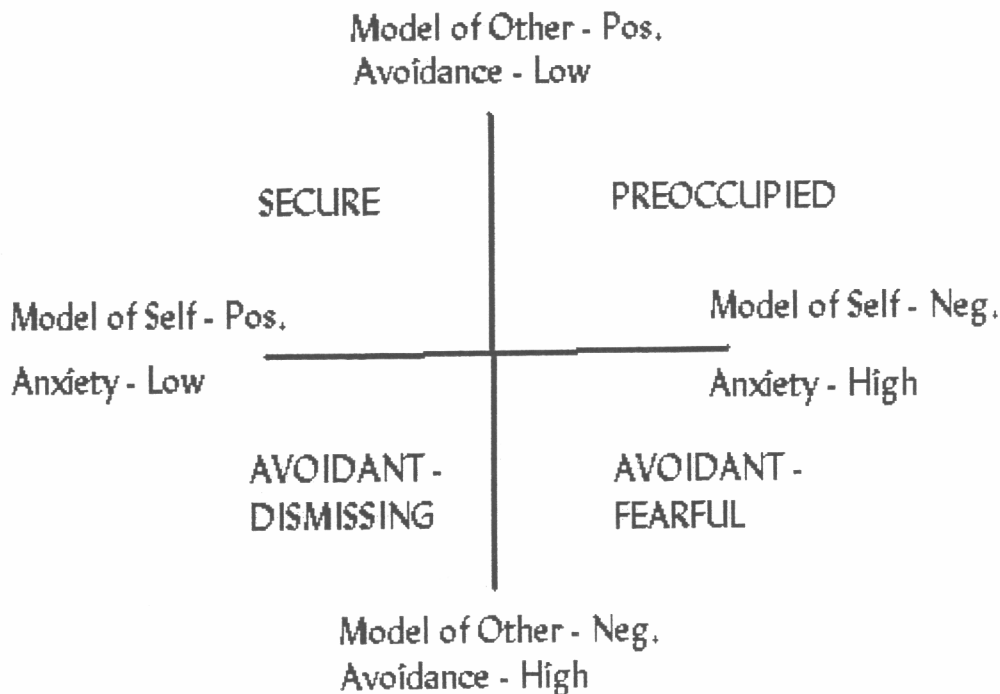


4-Category Model of Adult Attachment: Models of Self and Other, and Anxiety and Avoidance Dimensions



Sample Items of the Four Adult Attachment Styles

- 1. Secure Attachment Style** (pos. image of self/others; low anxiety and avoidance)
 - It is easy for me to become emotionally close to others.
 - I am comfortable depending on others and having others depend on me.
 - I don't worry about being alone or having others not accept me.
- 2. Preoccupied Attachment Style** (neg. image of self/pos. view of others; high anxiety/low avoidance)
 - I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like.
 - I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.
- 3. Avoidant Attachment Style – Dismissing** (pos. image of self/neg. view of others; low anxiety/high avoidance)
 - I am comfortable without close emotional relationships.
 - It is very important to me to feel independent and self-sufficient.
 - I prefer not to depend on others or have others depend on me.
- 4. Avoidant Attachment Style – Fearful** (neg. image of self/neg. view of others; high anxiety/high avoidance)
 - I am uncomfortable getting close to others.
 - I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them.
 - I worry that I will be hurt if I allow myself to become too close to others.