

Name: _____

Good Enough Parent's Attachment Style Survey

This survey is meant to be a self-assessment for adult parents/caregivers. Based upon your own self-awareness—right now-- please indicate your present thoughts related to the following 16 statements. Do you strongly agree, agree, feel neutral, disagree, or strongly disagree? There are no right or wrong answers. Circle the number that best fits in your opinion. The calculations are below.

	Strongly Agree 5	Agree 4	Neutral 3	Disagree 2	Strongly Disagree 1
1. I am comfortable without close emotional relationships.	5	4	3	2	1
2. I want to be completely intimate with others.	5	4	3	2	1
3. It is relatively easy for me to become emotionally close to others.	5	4	3	2	1
4. Others seem generally impersonal and distant to me.	5	4	3	2	1
5. I am somewhat uncomfortable getting close to others.	5	4	3	2	1
6. I want to be emotionally close to others but find it difficult to trust others.	5	4	3	2	1
7. I am uncomfortable being without close relationships.	5	4	3	2	1
8. I am comfortable depending on others and having them depend upon me.	5	4	3	2	1
9. It is important for me to feel independent and self-sufficient.	5	4	3	2	1
10. I often find that others are reluctant to get as close as I would like.	5	4	3	2	1
11. I sometimes worry that I will be hurt if I become too close to others.	5	4	3	2	1
12. I prefer not to depend on others or have them depend upon me.	5	4	3	2	1

13. I don't worry about being alone.	5	4	3	2	1
14. I find it difficult to depend upon others.	5	4	3	2	1
15. I sometimes worry that others don't value me as much as I value them.	5	4	3	2	1
16. I feel that others generally accept me.	5	4	3	2	1

Calculations for the Good Enough Parent's Attachment Style Survey

(The highest result reflects your assessment of your child's current attachment style)

_____ SECURE (Add Q3+Q8+Q13+Q16)

_____ AVOIDANT (Add Q1+Q9+Q12+Q4)

_____ ANXIOUS (Add Q2+Q10+Q7+Q15)

_____ FEARFUL (Add Q5+Q6+Q14+Q11)

To learn more about this scientific survey or others, check out

- Kirkpatrick L. (1998) "God as a Substitute Attachment Figure: A Longitudinal Study of Adult Attachment Style and Religious Change in College Students". *Personality and Social Psychology Bulletin*. 24(9):961-973;
- Kirkpatrick, L. (1992) An Attachment-Theory Approach Psychology of Religion, *The International Journal for the Psychology of Religion*, 2:1, 3-28;
- Bartholomew K, Horowitz L., (1991). Attachment styles among young adults: a test of a four-category model. *J Pers Soc Psychol*. 1991;61(2):226-244;
- Granqvist P. (2002) Attachment and Religiosity in Adolescence: Cross-Sectional and Longitudinal Evaluations. *Evolutionary Psychology*. 28(2);
- Granqvist P, Hagekull B. (2000) Religiosity, Adult Attachment, and Why 'Singles' are More Religious. *International Journal for the Psychology of Religion*.10(2):111;
- Kirkpatrick, L. and P.R. Shaver. (1990), "Attachment Theory and Religion: Childhood Attachments, Religious Beliefs, and Conversion." *Journal for the scientific study of religion* 29.3, 315-334;
- Kirkpatrick, L., Daniel S., and Kellas, S. (1999) "Loneliness, Social Support, and Perceived Relationships with God." *Journal of social and personal relationships* 16.4. 513-522