

Name: _____

My Teen's Attachment Style Survey

This survey is from the point of view of the parent. Based upon your observation and understanding of your child—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. My teen is comfortable without close emotional relationships.	5	4	3	2	1
2. My teenager wants to be completely intimate with others.	5	4	3	2	1
3. It is relatively easy for my teen to become emotionally close to others.	5	4	3	2	1
4. Others seem generally impersonal and distant to my teenager	5	4	3	2	1
5. My teen is somewhat uncomfortable getting close to others.	5	4	3	2	1
6. My teenager wants to be emotionally close to others, but finds it difficult to trust others.	5	4	3	2	1
7. My teenager is uncomfortable being without close relationships.	5	4	3	2	1
8. My teen is comfortable depending on others and having them depend upon him/her.	5	4	3	2	1
9. It is important for my teenager to feel independent and self-sufficient.	5	4	3	2	1
10. My teen often finds that others are reluctant to get as close as he/she would like.	5	4	3	2	1
11. My teen sometimes worry that he/she will be hurt if her/she becomes too close to others.	5	4	3	2	1

12. My teenager prefers not to depend on others or have them depend upon him/her.	5	4	3	2	1
13. My teenager doesn't worry about being alone.	5	4	3	2	1
14. My teenager finds it difficult to depend upon others.	5	4	3	2	1
15. My teen sometimes worries that others don't value him/her as much as he/she values them.	5	4	3	2	1
16. My teenager feels that others generally accept him/her.	5	4	3	2	1

Calculations for My Teen's Attachment Style (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;
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- 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