Practicum: Assessing Attachment Style with the ASQ

Below you will find the filled-in questionnaire of a client who completed the ASQ. Your task is to calculate their score for the five facets and broad dimensions.

Show how much you agree or disagree with each of the following items by rating them on this scale 1 = totally disagree to 6 = totally agree

1	I feel confident that other people will be there or me when I need them.					
	1	2	(3)	4	5	6
	totally disagree					totally agree
2	I prefer to depend on myself rather than other people.					
	1	2	3	4	(5)	6
	totally disagree					totally agree
3	I prefer to keep to myself.					
	1	2	3	4	(5)	6
	totally disagree					totally agree
4	Achieving things is more important than building relationships.					
	1	2	3	(4)	5	6
	totally disagree					totally agree
5	Doing your best is more important that getting on with others.					
	1	2	3	4	(5)	6
	totally disagree					totally agree
6	If you've got a job to do, you should do it no matter who gets hurt.					
	1	2	3	(4)	5	6
	totally disagree					totally agree
7	It's important to me that others like me.					
	1	2	(3)	4	5	6
	totally disagree					totally agree
8	I find it hard to make a decision unless I know what other people think.					
	1	(2)	3	4	5	6
	totally disagree					totally agree
9	My relationships with others are generally superficial.					
	1	2	3	(4)	5	6
	totally disagree					totally agree
10	Sometimes I think I am no good at all.					
	1	2	(3)	4	5	6
	totally disagree					totally agree
11	I find it hard to trust other people.					
	1	2	3	4	(5)	6
	totally disagree					totally agree
12	I find it difficult to depend on others.					
	(1)	2	3	4	5	6
	totally disagree					totally agree
13	I find that others are reluctant to get as close as I would like.					
	1	(2)	3	4	5	6
	totally disagree					totally agree
14	I find it relatively easy to get close to other people.					
	1	2	(3)	4	5	6
	totally disagree					totally agree

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Show how much you agree or disagree with each of the following items by rating them on this scale 1 = totally disagree to 6 = totally agree

15	I find easy to trust others.					
	(1)	2	3	4	5	6
	totally disagree					totally agree
16	I feel comfortable depending on other people.					
	1	(2)	3	4	5	6
	totally disagree					totally agree
17	I worry that others won't care about me as much as I care about them.					
	1	(2)	3	4	5	6
	totally disagree					totally agree
18	I worry about people getting to close.					
	1	2	3	4	(5)	6
	totally disagree					totally agree
19	I worry that I won't measure up to other people.					
	1	2	(3)	4	5	6
	totally disagree					totally agree
20	I have mixed feelings about being close to others.					
	1	2	3	4	5	(6)
	totally disagree					totally agree
21	I wonder why people would want to be involved with me.					
	1	(2)	3	4	5	6
	totally disagree					totally agree
22	I worry a lot about my relationships.					
	1	(2)	3	4	5	6
	totally disagree					totally agree
23	I wonder how I would cope without someone to love me.					
	(1)	2	3	4	5	6
	totally disagree					totally agree
24	I feel confident about relating to others.					
	1	(2)	3	4	5	6
	totally disagree					totally agree
25	I often feel left out or alone.					
	1	(2)	3	4	5	6
	totally disagree					totally agree
26	I often worry that I do not really fit with other people.					
	1	2	3	(4)	5	6
	totally disagree					totally agree
27	Other people have their own problems, so I don't bother them with mine.					
	1	2	3	4	(5)	6
	totally disagree					totally agree
28	If something is bothering me, others are generally aware and concerned.					
	1	2	(3)	4	5	6
	totally disagree					totally agree
29	I am confident that other people will like and respect me.					
	1	(2)	3	4	5	6
	totally disagree					totally agree

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Provide your tallied scores below

Confidence:_____

Discomfort with Closeness:_____

Relationships as Secondary:_____

Need for Approval:_____

Preoccupation with Relationships:_____

Avoidance:_____

Anxiety:_____

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