

ADULT ATTACHMENT QUESTIONNAIRE

Please rate the extent to which the following items are descriptive of your patient, where *1 = not true at all*, *4 = somewhat true*, and *7 = very true*.

| | <i>Not true</i> | | | | | | <i>Very true</i> |
|---|-----------------|---|---|---|---|---|------------------|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. Tends to expect that s/he can rely on the availability and responsiveness of the people who are important to him/her | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 2. Tends to offer sparse narratives about interpersonal events; appears unwilling or unable to describe interpersonal experiences in detail or to provide specific examples | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 3. Tends to worry that something might happen to those s/he loves, and to have difficulty with separations from them | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 4. Tends to use vague, meaningless, or empty words when describing interpersonal events (e.g., may insert nonsense words such as “dadadada” into sentences, use psychobabble such as “she has a lot of material around that issue,” etc.) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 5. Shows signs of disorientation, disorganization, or dissociation when talking about traumatic events (e.g., loss or abuse); seems to lose the capacity to monitor his/her discourse to keep in mind the perspective of the listener | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6. May lapse into prolonged silences, unfinished sentences, or stilted, “eulogistic,” speech when describing traumatic events or losses | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 7. Tends to offer generalizations about his/her relationships that do not cohere with supporting details (e.g., may describe relationship with mother as “loving,” but when pressed for examples provide specific memories that seem distant, hostile, or unpleasant) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8. Seeks close relationships but constantly feels ambivalent about them | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 9. Tends to have balanced, realistic views of significant others | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10. Views him/herself as lovable and worthy of care | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 11. Derives a sense of self-worth from being independent and self-sufficient | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 12. Seems to be mired in, or preoccupied with, past attachment relationships (e.g., seems still to be fighting old battles with mother, father etc.) | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 13. Tends to be controlling in close relationships, either through hostile, critical, or punitive responses, or through overinvolved, “enmeshed,” or smothering care-giving | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 14. Takes an excessively pragmatic approach to language; has no use for “wasted words” | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 15. Strong emotions disrupt or derail narrative descriptions of events, rendering them incoherent, difficult to follow, etc. | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 16. Is able to become emotionally close and express affection toward significant others | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 17. Tends to speak clearly and coherently when recounting emotionally significant life experiences or describing important relationships, and is able to elaborate with relevant information and examples | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 18. Tends to minimize or dismiss the importance of close relationships with others | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

| | <i>Not true</i> | | | | | | | <i>Very true</i> |
|---|-----------------|---|---|---|---|---|---|------------------|
| 19. Has minimal access to specific memories from childhood and little interest in exploring or retrieving them | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 20. Has trouble staying on topic when discussing significant interpersonal events or relationships; may offer excessively long descriptions of events, wander from topic to topic, be unable to stop crying while describing past events, etc. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 21. Tends to feel calmed and comforted by contact and support s/he receives from significant others when distressed | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 22. Tends to disparage, contemptuously derogate, or belittle his/her parents or their role in his/her development, in an attempt to dismiss their importance | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 23. Feels simultaneously smothered by significant others but never quite given enough, taken care of well enough, etc. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 24. Shows signs of illogical, childish, or peculiar reasoning when describing traumatic events or losses (e.g., indicates that a dead person is still alive in the physical sense, or appears convinced that his/her thoughts or feelings in childhood actually killed someone) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 25. Experiences others as less accessible or responsive than s/he wants them to be, leading to distress, frustration, anger, anxiety, passive helplessness, etc. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 26. Is able to reflect on his/her childhood and its effects on who s/he is today | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 27. Tends to avoid closeness with others; is uncomfortable with emotional intimacy, physical contact, etc. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 28. Overly idealizes parents or attachment figures; has trouble acknowledging their imperfections | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 29. Has difficulty trusting significant others; is afraid of getting hurt if turns to others when scared, distressed, or in need | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 30. Is sensitive to other people's "signals"; tends to be empathic and emotionally "present." | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 31. Tends to feel comfortable depending on others and having others depending on him/her; is able to take care of and be taken care of by others | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 32. When distressed, turns to significant others for comfort, but chronically feels disappointed, misunderstood, not responded to, etc. | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 33. Is able to explore and openly talk about emotionally significant events, even when doing so is painful | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 34. Tends to manifest contradictory responses when distressed or in need (e.g., pushing the other away while demanding help, responding simultaneously with anger and help-seeking) | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 35. Disparages sentimentality, tenderness, or discussion or expression of feelings | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 36. When distressed, tends to withdraw or attempt to cope by him/herself | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |
| 37. Is able to problem-solve and think constructively when in emotionally difficult interpersonal situations | 1 | 2 | 3 | 4 | 5 | 6 | 7 | |