

Attachment Style & Grief Processing Quiz

Answer each question using the scale below:

- 1 – Strongly Disagree
 - 2 – Disagree
 - 3 – Neutral
 - 4 – Agree
 - 5 – Strongly Agree
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1. Secure Attachment Questions

- 1. I feel comfortable seeking support from loved ones when I'm grieving.
- 2. Even when I feel intense emotions, I trust that I will eventually heal.
- 3. I believe that expressing grief is natural and healthy.
- 4. When I experience loss, I trust that others will support me.

2. Avoidant Attachment Questions

- 5. When I am grieving, I prefer to deal with my emotions alone.
- 6. I struggle to open up about my pain because I don't want to appear weak.
- 7. I often distract myself from grief instead of processing it.
- 8. I feel uncomfortable when others try to comfort me during difficult times.

3. Anxious Attachment Questions

- 9. When I experience grief, I fear that I will be abandoned or left alone.
- 10. I need constant reassurance from others that things will be okay.
- 11. My emotions feel overwhelming, and I often don't know how to handle them.
- 12. I worry that others don't truly understand my pain, even when they try to help.

4. Disorganized Attachment Questions

- 13. I feel conflicted about whether I want support from others or want to push them away.
- 14. When I grieve, I experience both deep longing for connection and fear of being hurt.
- 15. I sometimes feel numb or disconnected from my emotions when dealing with loss.

Scoring & Interpretation

- **Secure Attachment** – If you scored **16 or higher** on questions 1-4, you likely have a **secure attachment style** and tend to process grief in a **balanced, open, and healthy way**.
- **Avoidant Attachment** – If you scored **16 or higher** on questions 5-8, you may have an **avoidant attachment style**, meaning you likely **withdraw from emotional support** and may struggle to process grief with others.
- **Anxious Attachment** – If you scored **16 or higher** on questions 9-12, you may have an **anxious attachment style**, meaning you often **seek reassurance and feel overwhelmed by loss**.
- **Disorganized Attachment** – If you scored **16 or higher** on questions 13-15, you may have a **disorganized attachment style**, meaning your grief process involves **conflicted emotions, fear of abandonment, and emotional numbing**.