



**BOOKSHELF  
TO COUCH**

### **Adult Attachment Scale (AAS)**

By Nancy L. Collins and Stephen B. Read

- I find it difficult to allow myself to depend on others (Av)
- People are never there when you need them (Av)
- I am comfortable depending on others (S)
- I know that others will be there when I need them (S)
- I find it difficult to trust others completely (Av)
- I am not sure that I can always depend on others to be there when I need them (Ax)
- I do not often worry about being abandoned (S)
- I often worry that my partner does not really love me (Ax)
- I find others are reluctant to get as close as I would like (Ax)
- I often worry my partner will not want to stay with me (Ax)
- I want to merge completely with another person (Ax)
- My desire to merge sometimes scares people away (Ax)
- I find it relatively easy to get close to others (S)
- I do not often worry about someone getting close to me (S)
- I am somewhat uncomfortable being close to others (Av)
- I am nervous when anyone gets too close (Av)
- I am comfortable having others depend on me (S)
- Often, love partners want me to be more intimate than I feel comfortable being (Av)
- Note: (S)= Secure, (Av)= Avoidant, (Ax)= Anxious/Ambivalent