

A romantic couple embracing at sunset. The man is on the left, wearing a white shirt, and the woman is on the right, wearing a white lace dress. They are both smiling and looking at each other. The background shows a desert landscape with mountains under a warm, golden sky.

# Relationship Attachment Assessment

**Dr. Brian Clemmons**

# THE RELATIONSHIP ATTACHMENT & EMOTIONAL SAFETY ASSESSMENT

A Christian Therapist's Guide to Understanding Your Relationship Patterns, Emotional Triggers, and Healing Journey

Discover:

Why relationships feel emotionally overwhelming

Your attachment style

Hidden patterns affecting your relationships

How emotional wounds impact connection

What emotionally healthy love actually looks like

# Welcome

Have you ever found yourself wondering:

- “Why do I overthink relationships?”
- “Why do I fear rejection or abandonment?”
- “Why do I keep attracting emotionally unavailable people?”
- “Why do relationships leave me emotionally exhausted?”
- “Why do I struggle with boundaries, trust, or communication?”
- You are not alone.
- Many relationship struggles are connected to attachment patterns and emotional safety.
- The way we connect, protect ourselves, communicate, and respond emotionally in relationships is often shaped by:
  - past experiences,
  - emotional wounds,
  - family dynamics,
  - trauma,
  - and learned relational patterns.



# This assessment will help you uncover:

- ✓ Your relationship attachment style
  - ✓ Your emotional triggers
  - ✓ Communication patterns
  - ✓ Areas that may need healing
  - ✓ Your strengths in relationships

This resource is not intended to diagnose you. It is designed to increase awareness, encourage healing, and help you move toward emotionally healthy relationships rooted in wisdom, truth, and safety.

“Above all else, guard your heart, for everything you do flows from it.”

— Proverbs 4:23

# HOW TO TAKE THIS ASSESSMENT

For each statement below, rate yourself honestly using the following scale:

Score Meaning

**1 Never True**

**2 Rarely True**

**3 Sometimes True**

**4 Often True**

**5 Very True**

Write your score beside each statement.

There are no perfect answers.

This is about awareness, not shame.

---

# SECTION 1: RELATIONSHIP ANXIETY

**Rate each statement:**

1. I worry people will leave me. \_\_\_\_\_
2. I overthink texts or conversations. \_\_\_\_\_
3. I become anxious when someone pulls away emotionally. \_\_\_\_\_
4. I need reassurance to feel secure. \_\_\_\_\_
5. I fear rejection or abandonment. \_\_\_\_\_
6. I feel emotionally overwhelmed during conflict. \_\_\_\_\_
7. I struggle when communication changes suddenly. \_\_\_\_\_
8. I often blame myself when relationships become distant. \_\_\_\_\_
9. I fear not being enough. \_\_\_\_\_
10. I become emotionally attached very quickly. \_\_\_\_\_

**TOTAL:** \_\_\_\_\_

## SECTION 2: EMOTIONAL AVOIDANCE

1. Vulnerability feels uncomfortable to me. \_\_\_\_\_
  2. I struggle to express emotions openly. \_\_\_\_\_
  3. I pull away when relationships become emotionally intense. \_\_\_\_\_
  4. I prefer solving problems on my own. \_\_\_\_\_
  5. I avoid difficult emotional conversations. \_\_\_\_\_
  6. I shut down during conflict. \_\_\_\_\_
  7. I struggle to trust people fully. \_\_\_\_\_
  8. I often minimize my own emotions. \_\_\_\_\_
  9. I value independence more than emotional closeness. \_\_\_\_\_
  10. I feel overwhelmed by emotionally needy people. \_\_\_\_\_
- TOTAL: \_\_\_\_\_

## **SECTION 3: EMOTIONAL SAFETY & SECURITY**

1. I can communicate my needs calmly.

\_\_\_\_\_

2. I generally feel worthy of love and respect. \_\_\_\_\_

3. I can be vulnerable without panic. \_\_\_\_\_

4. I recover fairly well after conflict. \_\_\_\_\_

5. I can set boundaries without overwhelming guilt. \_\_\_\_\_

6. I feel emotionally safe in healthy relationships. \_\_\_\_\_

7. I trust healthy people over time. \_\_\_\_\_

8. I can disagree respectfully without fear. \_\_\_\_\_

9. I feel emotionally grounded most days. \_\_\_\_\_

\_\_\_\_\_

10. I can express emotions honestly and clearly. \_\_\_\_\_

TOTAL: \_\_\_\_\_

## SECTION 4: RELATIONSHIP PATTERNS

1. I stay too long in unhealthy relationships. \_\_\_\_\_
2. I ignore red flags hoping things will improve. \_\_\_\_\_
3. I struggle with boundaries. \_\_\_\_\_
4. I feel responsible for other people's emotions. \_\_\_\_\_
5. I avoid conflict to keep peace. \_\_\_\_\_
6. I over-give or over-function in relationships. \_\_\_\_\_
7. I fear disappointing people. \_\_\_\_\_
8. I feel emotionally drained in relationships. \_\_\_\_\_
9. I struggle to say no. \_\_\_\_\_
10. I attract emotionally unavailable people. \_\_\_\_\_

TOTAL: \_\_\_\_\_

# SCORING YOUR RESULTS

## **SECTION 1: RELATIONSHIP ANXIETY**

Score Meaning

10–20 Low Relationship Anxiety

21–35 Moderate Relationship Anxiety

36–50 High Relationship Anxiety

---

## **SECTION 2: EMOTIONAL AVOIDANCE**

Score Meaning

10–20 Low Emotional Avoidance

21–35 Moderate Emotional Avoidance

36–50 High Emotional Avoidance

---

## **SECTION 3: EMOTIONAL SAFETY & SECURITY**

Score Meaning

10–20 Low Emotional Security

21–35 Growing Emotional Security

36–50 Strong Emotional Security

---

## **SECTION 4: RELATIONSHIP PATTERNS**

Score Meaning

10–20 Mostly Healthy Patterns

21–35 Some Unhealthy Patterns

36–50 Significant Relationship Strain Patterns

---

# UNDERSTANDING YOUR ATTACHMENT STYLE

## ANXIOUS ATTACHMENT

(High Anxiety + Low Avoidance)

- You deeply value connection and closeness, but relationships may trigger fear, insecurity, or emotional overwhelm.
- Common Signs
- Fear of abandonment
- Overthinking
- Reassurance-seeking
- Emotional intensity
- Difficulty relaxing in relationships
- People-pleasing tendencies
- 

### Healing Focus:

- Emotional regulation difficulties
- Self-worth problems
- Boundaries
- Nervous system safety
- Secure communication

### Encouragement

- You are not “too much.”
- Your need for safety and consistency matters.

# **AVOIDANT ATTACHMENT**

(High Avoidance + Low Anxiety)

- You value independence and emotional self-protection.
- Common Signs:
- Emotional distancing
- Difficulty opening up
- Discomfort with vulnerability
- Avoiding emotional conversations
- Shutting down during conflict
- 

## **Healing Focus:**

- Emotional awareness
- Vulnerability
- Trust-building
- Healthy communication
- Emotional presence

## **Encouragement:**

- Protecting your heart may have once helped you survive.
- But healthy relationships require emotional connection and trust

# **FEARFUL-AVOIDANT ATTACHMENT**

(High Anxiety + High Avoidance)

- You may deeply desire love and closeness while simultaneously fearing emotional vulnerability.
- Common Signs
- Push-pull relationship dynamics
- Fear of abandonment
- Fear of intimacy
- Emotional confusion
- Attraction to emotionally inconsistent relationships

•

## **Healing Focus:**

- Trauma healing
- Emotional safety
- Consistency
- Secure relationships
- Nervous system regulation

## **Encouragement:**

- Healing is possible.
- You are not broken.

# **SECURE ATTACHMENT**

(Low Anxiety + Low Avoidance)

- You generally feel emotionally safe in healthy relationships.
- Common Signs
- Honest communication
- Healthy boundaries
- Emotional stability
- Trust-building
- Balanced independence and intimacy

## **Growth Focus**

- Continued self-awareness
- Deepening intimacy
- Maintaining emotional health
- 

## **Encouragement**

- Secure love is built through consistency, honesty, safety, and emotional maturity.

## **5 SIGNS OF A HEALTHY RELATIONSHIP**

- ✓ Consistent communication
- ✓ Respect for boundaries
- ✓ Emotional honesty
- ✓ Repair after conflict
- ✓ Mutual emotional safety

Healthy love should not constantly feel chaotic, confusing, or emotionally unsafe.

## **REFLECTION QUESTIONS**

- Take a few moments to journal through these questions:
- What relationship patterns keep repeating in my life?
- What triggers emotional fear or insecurity in me?
- When do I feel emotionally safest?
- What boundaries do I need to strengthen?
- What does emotionally healthy love look like to me?
- What areas of healing need attention right now?

# A SIMPLE GROUNDING EXERCISE

When emotions feel overwhelming, try this:

## **The 5-4-3-2-1 Grounding Technique**

Identify:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

This helps calm the nervous system and reduce emotional overwhelm.

## **A PRAYER FOR EMOTIONAL HEALING**

God,  
Help me heal from unhealthy relationship patterns.  
Teach me to recognize healthy love, emotional wisdom, and safe relationships.  
Give me discernment, peace, and courage as I continue growing emotionally and spiritually.  
Help me build relationships rooted in truth, grace, safety, and wisdom.  
In Jesus name, Amen.

I'm Dr. Brian Clemmons, a Christian psychotherapist who has worked with thousands of individuals and couples for more than 25 years.

My approach integrates a Christian worldview with clinical experience and modern psychological research.

I help people understand their struggles through a biological, psychological, social, and spiritual lens, recognizing that emotional and relational problems are often shaped by multiple interconnected factors.

While I value evidence-based therapeutic practices, I also believe that ultimate healing, meaning, and identity are grounded in God. My goal is to help people grow emotionally, relationally, and spiritually as they pursue lasting change and wholeness.

