YOUR ANSWERS. YOUR PERSPECTIVE.

Attachment

Personal everyday reflection

A wholly fictional example. The values illustrate a report and say nothing about you.

ANSWERED: 25 / 25 | 5 PROFILE AREAS

1

Security in closeness

You describe a noticeable tendency towards accepting support and affection and trusting closeness despite absence or disagreement. This pattern stands out in your responses; it is not a comparison with other people.

2

Need for reassurance

You describe a noticeable tendency towards doubting affection when plans or replies are unclear and seeking reassurance. This pattern stands out in your responses; it is not a comparison with other people. Some responses differ substantially from this direction.

3

Individual responses matter

Need for reassurance: Scored responses range from 2 to 5/5 (items 21 & 24).

Your first small step

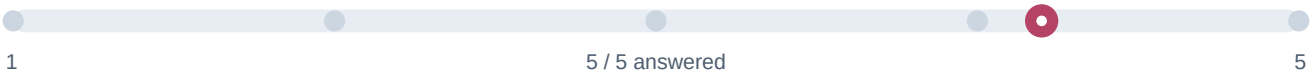
Name one uncertainty clearly and consider what information would actually help.

02 / YOUR REPORT

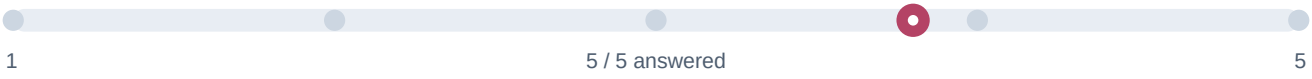
Your profile at a glance

Each dot shows an area response average on a scale of 1 to 5. Only your own responses are compared.

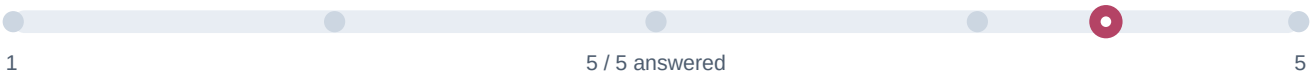
Security in closeness 4.2 / 5



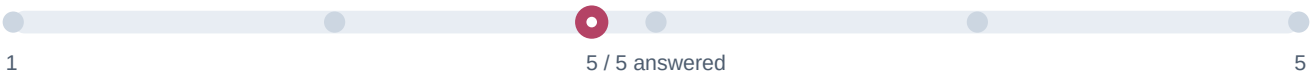
Need for reassurance 3.8 / 5



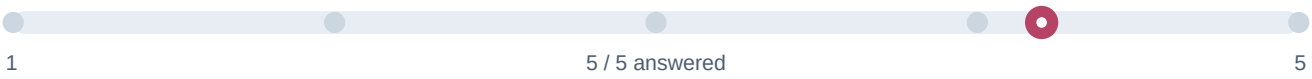
Protection through distance 4.4 / 5



Personal boundaries 2.8 / 5



Open communication 4.2 / 5



How to read the chart

1 = low, 3 = midpoint, 5 = high agreement in the scored direction. Higher is not automatically better. The midpoint is not the average of other people; small differences are not necessarily meaningful.

No area value is shown if fewer than 80% of its items are answered. This is a display rule for incomplete data, not a performance or health threshold.

03 / YOUR REPORT

Connecting your responses

Observations from your responses, not fixed characteristics.

You can see the roles of trust, reassurance, withdrawal, boundaries and communication in your responses. This does not establish a fixed attachment style.

Your result in words

Security in closeness: You describe a noticeable tendency towards accepting support and affection and trusting closeness despite absence or disagreement. This pattern stands out in your responses; it is not a comparison with other people.

Need for reassurance: You describe a noticeable tendency towards doubting affection when plans or replies are unclear and seeking reassurance. This pattern stands out in your responses; it is not a comparison with other people.

Need for reassurance: take a closer look

The average combines different responses. These two items show why one number alone does not capture your whole perspective:

Item 21: I set aside my wishes so someone will stay with me. | Mostly untrue

Item 24: I compare my importance with that of other people. | Very true

Consider a possible everyday situation

Name one uncertainty clearly and consider what information would actually help.

04 / YOUR REPORT

Security in closeness

Trace your responses and connect them with everyday situations.

This area considers your experience of safety and trust in closeness.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards accepting support and affection and trusting closeness despite absence or disagreement. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 10: I can accept affection without immediately looking for a hidden motive.

Your response: Partly true

Item 18: I can share vulnerable feelings with a reliable person.

Your response: Very true

A prompt for further reflection

What specific action helps you feel more secure in a relationship? Talk about that wish.

When does this fit me - and when does it not?

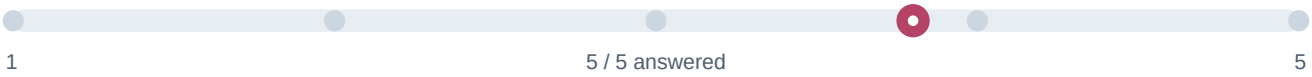
05 / YOUR REPORT

Need for reassurance

Trace your responses and connect them with everyday situations.

This area concerns your reported wish for feedback and reassurance.

Your response value **3.8 / 5**



What this means in practice

You describe a noticeable tendency towards doubting affection when plans or replies are unclear and seeking reassurance. This pattern stands out in your responses; it is not a comparison with other people.

Your individual responses differ substantially. The interpretation describes their average direction only; it does not apply to every statement. The following responses show both sides.

Two concrete responses

Item 21: I set aside my wishes so someone will stay with me.

Your response: Mostly untrue

Item 24: I compare my importance with that of other people.

Your response: Very true

A prompt for further reflection

Name one uncertainty clearly and consider what information would actually help.

When does this fit me - and when does it not?

06 / YOUR REPORT

Protection through distance

Trace your responses and connect them with everyday situations.

These statements concern distance and withdrawal as reported ways of handling closeness or strain.

Your response value **4.4 / 5**



What this means in practice

You describe a noticeable tendency towards seeking distance during intense closeness or conflict and handling difficulties alone. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 25: During a disagreement, I tend to cut off contact rather than keep talking.

Your response: Partly true

Item 19: After intense closeness, I need a lot of distance.

Your response: Very true

A prompt for further reflection

When you need space, how could you explain it clearly and offer to talk later?

When does this fit me - and when does it not?

07 / YOUR REPORT

Personal boundaries

Trace your responses and connect them with everyday situations.

This area concerns personal boundaries, saying no and negotiating with others.

Your response value **2.8 / 5**



What this means in practice

Your result does not show a clear direction for naming your boundaries, respecting a no and maintaining your own interests. Check individual responses: partial agreement and opposing answers can produce the same average.

Two concrete responses

Item 4: I know some needs that I do not want to disregard.

Your response: Mostly untrue

Item 13: I respect a no without continuing to push.

Your response: Mostly true

A prompt for further reflection

Write down one kind, clear boundary that would help in an everyday situation.

When does this fit me - and when does it not?

08 / YOUR REPORT

Open communication

Trace your responses and connect them with everyday situations.

These statements look at how you describe sharing wishes, thoughts and needs.

Your response value **4.2 / 5**



1 5 / 5 answered 5

What this means in practice

You describe a noticeable tendency towards expressing needs specifically and clarifying expectations by asking. This pattern stands out in your responses; it is not a comparison with other people.

Two concrete responses

Item 20: I can listen without immediately defending my own view.

Your response: Partly true

Item 23: I discuss expectations before taking them for granted.

Your response: Very true

A prompt for further reflection

Express one wish using an I-statement and ask for the other person’s perspective.

When does this fit me - and when does it not?

09 / YOUR REPORT

Your values clearly explained

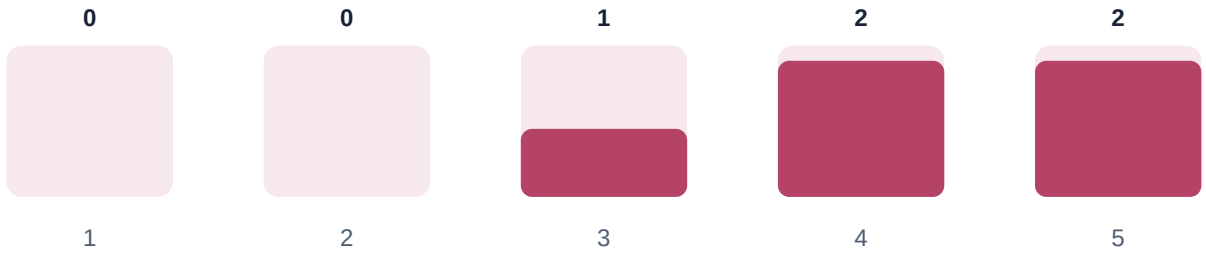
Security in closeness

Response positions are counted from 1 to 5. The sum is divided by the number of answered statements in this area.

Calculated from your actual responses

4 + 5 + 3 + 4 + 5 = 21. 21 / 5 = 4.2 / 5.

The distribution of your selected responses



The columns count your selected response positions 1 to 5 before any reverse scoring. The same average can come from very different responses.

For the wording, response averages below 2.5 are described as lower agreement, above 3.5 as higher agreement, and those between as middle agreement. These are editorial response-scale bands, not scientifically validated cutoffs. Identical averages can arise from different responses.

A profile without a ranking

We assign no population rank or fixed type. The scales describe responses to particular statements. Choose your own priorities; a high or low value does not require change.

10 / YOUR REPORT

Your own next step

An optional everyday idea, without a performance target.

1

Today: note one situation

Starting point: Need for reassurance. Choose a response in this area and note when it last fitted. A counterexample is just as useful.

2

This week: explore a perspective

Name one uncertainty clearly and consider what information would actually help.

3

Afterwards: decide for yourself

What fits you and what does not? Record one insight and decide whether to keep anything. You do not need a higher score or another purchase.

My situation and what matters to me:

My optional idea and a suitable time:

What I would like to take from this:

11 / YOUR REPORT

Method and limitations

What the report is based on

Independently developed, unnormed self-reflection. High values are not inherently better; the profile describes your responses, not fixed traits.

Your responses are summarised according to the fixed rules explained here. Examples refer to the item numbers shown. No automated detection or assessment of a medical condition takes place.

Keeping the limitations in mind

Screening and self-reflection do not replace a medical or psychological assessment. Original reflection questions are not clinically validated. Each test page explains its method and limitations.

A profile does not cover every aspect of a person. It is a snapshot of your responses. Important relationship, career or other life decisions should not depend on it alone.

If you would like support

If symptoms are affecting you, seek support from a qualified health professional. In immediate danger, contact your local emergency services or nearest emergency department. Help information is available without an email address or payment.

Open general support information

Questionnaire version: 2026-10-29.26 | Report format: 2026-10-29.28

APPENDIX / YOUR REPORT

Your responses in full

Every scored response remains traceable. Skipped items are explicitly identified.

1	**I can ask for support without judging myself for it.**	Security in closeness | Mostly true
2	**A late reply makes me doubt another person's affection.**	Need for reassurance | Partly true
3	**When a conversation gets very personal, I withdraw.**	Protection through distance | Very true
4	**I know some needs that I do not want to disregard.**	Personal boundaries | Mostly untrue
5	**I express needs as specifically as possible.**	Open communication | Mostly true
6	**I trust that closeness can survive disagreement.**	Security in closeness | Very true
7	**I prefer solving difficulties alone even when help is available.**	Protection through distance | Mostly true
8	**I can say no without questioning my affection.**	Personal boundaries | Partly true
9	**I ask rather than guessing another person's intention.**	Open communication | Mostly true
10	**I can accept affection without immediately looking for a hidden motive.**	Security in closeness | Partly true
11	**Unclear arrangements stay on my mind for a long time.**	Need for reassurance | Very true
12	**Expectations of closeness quickly make me feel constrained.**	Protection through distance | Very true
13	**I respect a no without continuing to push.**	Personal boundaries | Mostly true
14	**I can cope with a trusted person's temporary absence.**	Security in closeness | Mostly true

Your responses in full / CONTINUED

15 **I often need reassurance that things are all right between us.**
Need for reassurance | Mostly true

16 **I maintain interests outside a close relationship.**
Personal boundaries | Partly true

17 **I speak up in time when something becomes too much.**
Open communication | Very true

18 **I can share vulnerable feelings with a reliable person.**
Security in closeness | Very true

19 **After intense closeness, I need a lot of distance.**
Protection through distance | Very true

20 **I can listen without immediately defending my own view.**
Open communication | Partly true

21 **I set aside my wishes so someone will stay with me.**
Need for reassurance | Mostly untrue

22 **I discuss which information should remain private.**
Personal boundaries | Mostly untrue

23 **I discuss expectations before taking them for granted.**
Open communication | Very true

24 **I compare my importance with that of other people.**
Need for reassurance | Very true

25 **During a disagreement, I tend to cut off contact rather than keep talking.**
Protection through distance | Partly true