

# attachment self-assessment

The Situation

Your Negative Thoughts or Feelings

What overall statement sums up these thoughts?

Which attachment does this statement most resemble on the attachment list?

Control Attachment	<input type="checkbox"/> The Rebel	<input type="checkbox"/> The Helpless Child	<input type="checkbox"/> The Obsessor	<input type="checkbox"/> The Go-Along
Deprivation Attachment	<input type="checkbox"/> The Martyr	<input type="checkbox"/> The Craver	<input type="checkbox"/> The Numb	<input type="checkbox"/> The Worrier
Rejection Attachment	<input type="checkbox"/> The Joker	<input type="checkbox"/> The Self-Defeater	<input type="checkbox"/> The People Pleaser	<input type="checkbox"/> The Perfectionist