

Vulnerable Attachment Style Questionnaire

FEELINGS ABOUT RELATIONSHIPS (VASQ)

Below are a number of statements concerning the way people feel about themselves in relation to others. Indicate whether you agree or disagree with the description as it applies to you by circling the answer that applies to you

	Strongly Agree 5	Agree 4	Unsure 3	Disagree 2	Strongly Disagree 1
1. <i>I take my time getting to know people.</i>					
2. I rely on others to help me make decisions in life					
3. <i>People let me down a lot</i>					
4. I miss the company of others when I'm alone					
5. <i>It's best not to get too emotionally close to other people</i>					
6. I worry a lot if people I live with arrive back later than expected					
7. I usually rely on advice from others when I've got a problem					
8. <i>I feel uncomfortable when people get too close to me</i>					
9. <i>People close to me often get on my nerves</i>					
10. <i>I feel people are against me</i>					
11. I worry about things happening to close family and friends					
12. <i>I often get into arguments</i>					
13. I'm clingy with others					
14. I look forward to spending time on my own	1	2	3	4	5
15. I like making decisions on my own	1	2	3	4	5
16. I get anxious when people close to me are away					
17. <i>I feel uneasy when others confide in me</i>					
18. <i>I find it hard to trust others</i>					
19. <i>Having people around me can be a nuisance</i>					
20. <i>I feel people haven't done enough for me</i>					
21. It's important to have people around me a lot of the time					
22. <i>I find it difficult to confide in people</i>					

Scoring

The items below represent the insecurity/mistrust items (*italicised*) and the proximity-seeking items (non *italicised*).

All are rated 5: strongly agree, 4:agree, 3:unsure, 2:disagree or 1: strongly disagree. Apart from 14 and 15 which are reversed: 5: Strongly disagree, 4: disagree, 3: unsure 2: agree, 1: strongly agree

Step 1 - reversed scoring (items 14 and 15): change the scoring so that 1= strongly agree and 5 = strongly disagree.

Step 2 - Total scale (vulnerable) attachment style = sum of all items.

Add up the individual scores for each questionnaire (number 1-22), making sure first you reverse the scoring for question 14 and 15. The total score gives you vulnerability of attachment style - **cut-off 57** or more indicates a high level of vulnerable attachment style.

Step 3 – Level of insecurity/mistrust of style (Fearful or Angry-dismissive)

Sum items (*italicised* above) 1,3,5,8,9,10,12,17,18,19,20 & 22). Here the **cut-off is 30** or higher. This means high insecurity of attachment.

Step 4 - Degree of proximity seeking (Enmeshed)

Sum the non *italicised* items above (2,4,6,7,11,13,14,15,16,21). Here the **cut-off is 27** or more for high level of proximity seeking.

Step 5: Higher levels and type of insecure style

Insecure anxious style: both high insecurity score and high proximity score

Insecure avoidant style: both high insecurity score and low proximity score