

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