

Calm & Resilient: Nervous System Mastery

LEARN THE SCIENCE AND DAILY
HABITS TO MOVE FROM SURVIVAL
MODE TO CALM, GROUNDED LIVING



Attachment as a Nervous System Adaptation

Attachment Style Self-Assessment Quiz

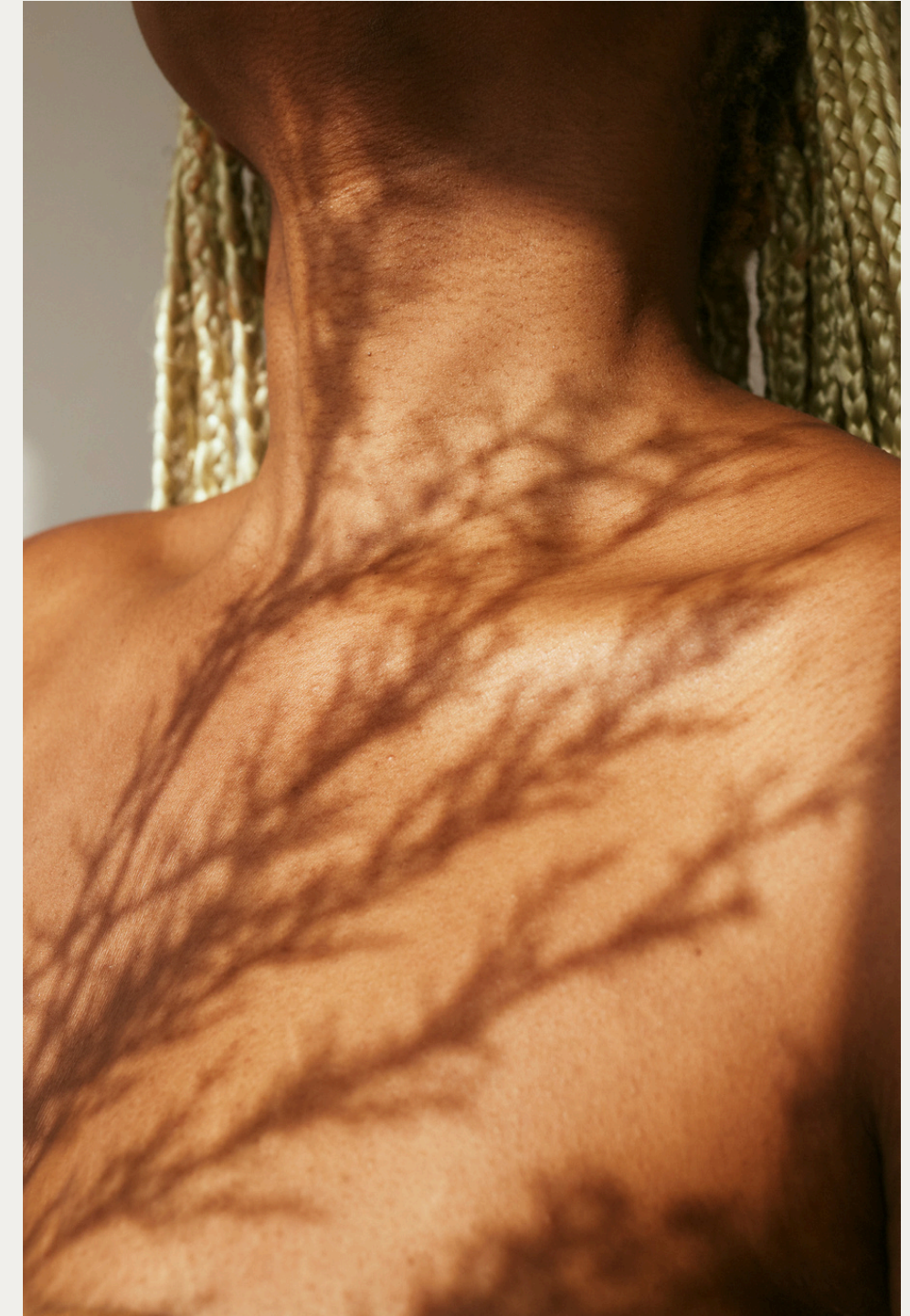
Instructions:

Read each statement and rate how true it feels for you in close relationships (romantic, friendships, or family).

Scale:

- 1 = Not true at all
- 2 = Slightly true
- 3 = Somewhat true
- 4 = Very true
- 5 = Extremely true

Try to answer based on your patterns, not one-off situations.



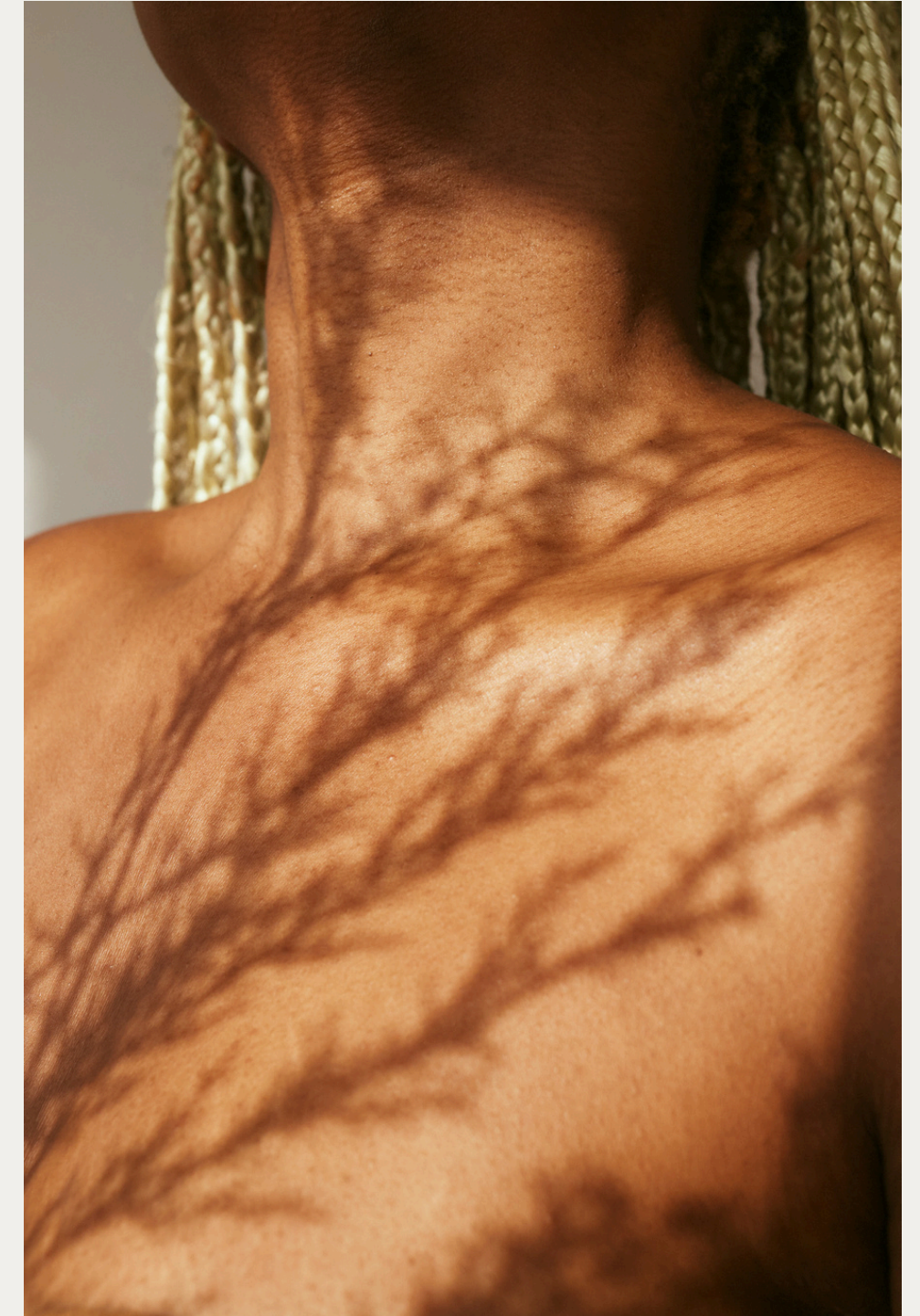
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Section 1 - Anxious Attachment Indicators

Rate 1–5:

1. I worry that people I love will leave me.
2. I need reassurance that I'm loved.
3. I overthink texts, tone, or changes in behaviour.
4. I feel anxious when someone pulls away.
5. I tend to prioritize others' needs over my own.
6. I fear being "too much" but still crave closeness.
7. I feel relief when someone validates me.
8. I struggle when I don't know where I stand.
9. I stay in relationships longer than I should.
10. I feel emotionally dependent on partners.

Total score: _____



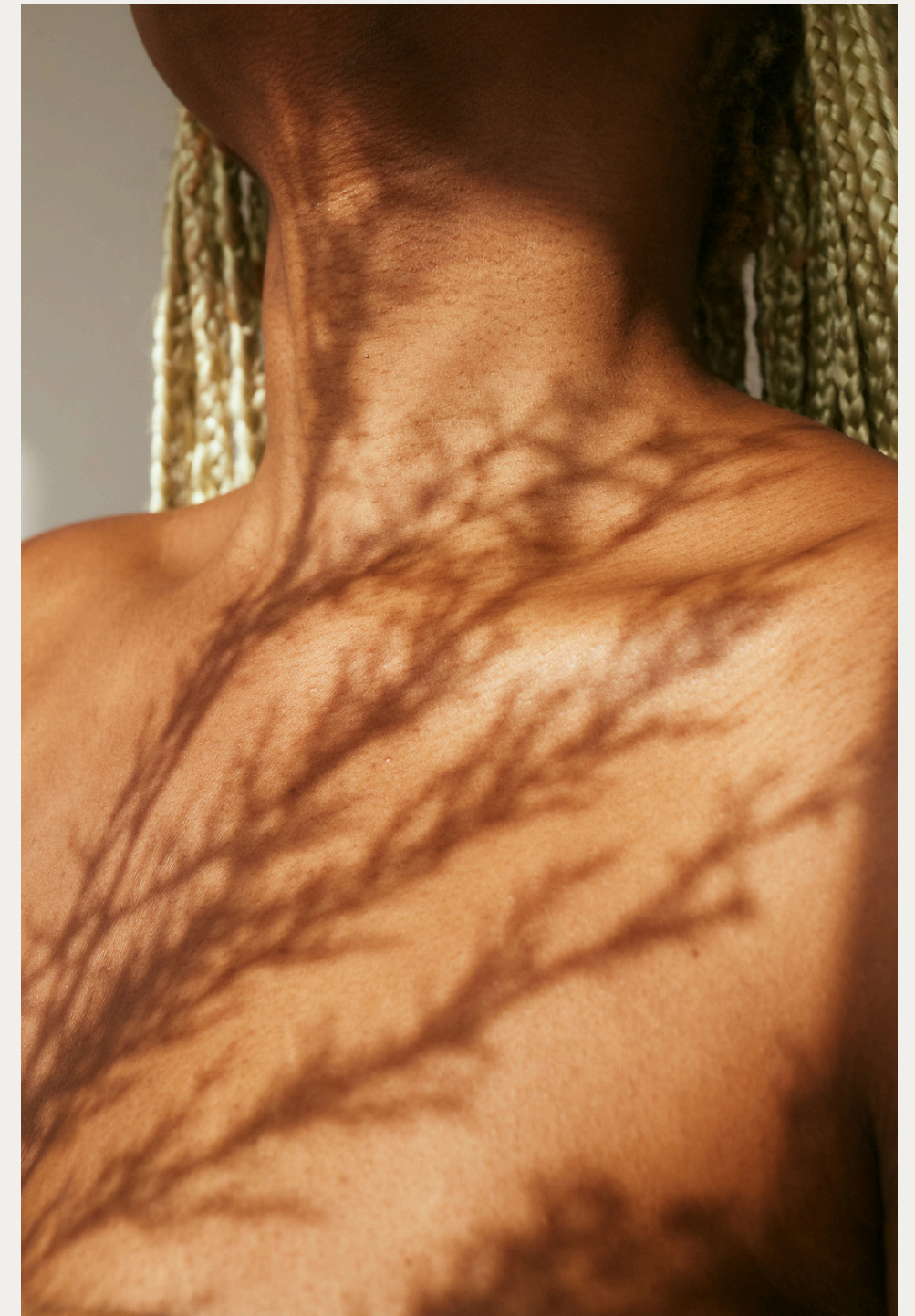
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Section 2 - Avoidant Attachment Indicators

Rate 1–5:

1. I value independence over closeness.
2. I feel overwhelmed when people need me emotionally.
3. I withdraw during conflict.
4. I struggle to express vulnerability.
5. I need space when relationships get intense.
6. I feel suffocated by emotional expectations.
7. I downplay my own emotional needs.
8. I prefer solving things alone.
9. I feel uncomfortable relying on others.
10. I sometimes shut down when someone wants closeness.

Total score: ____



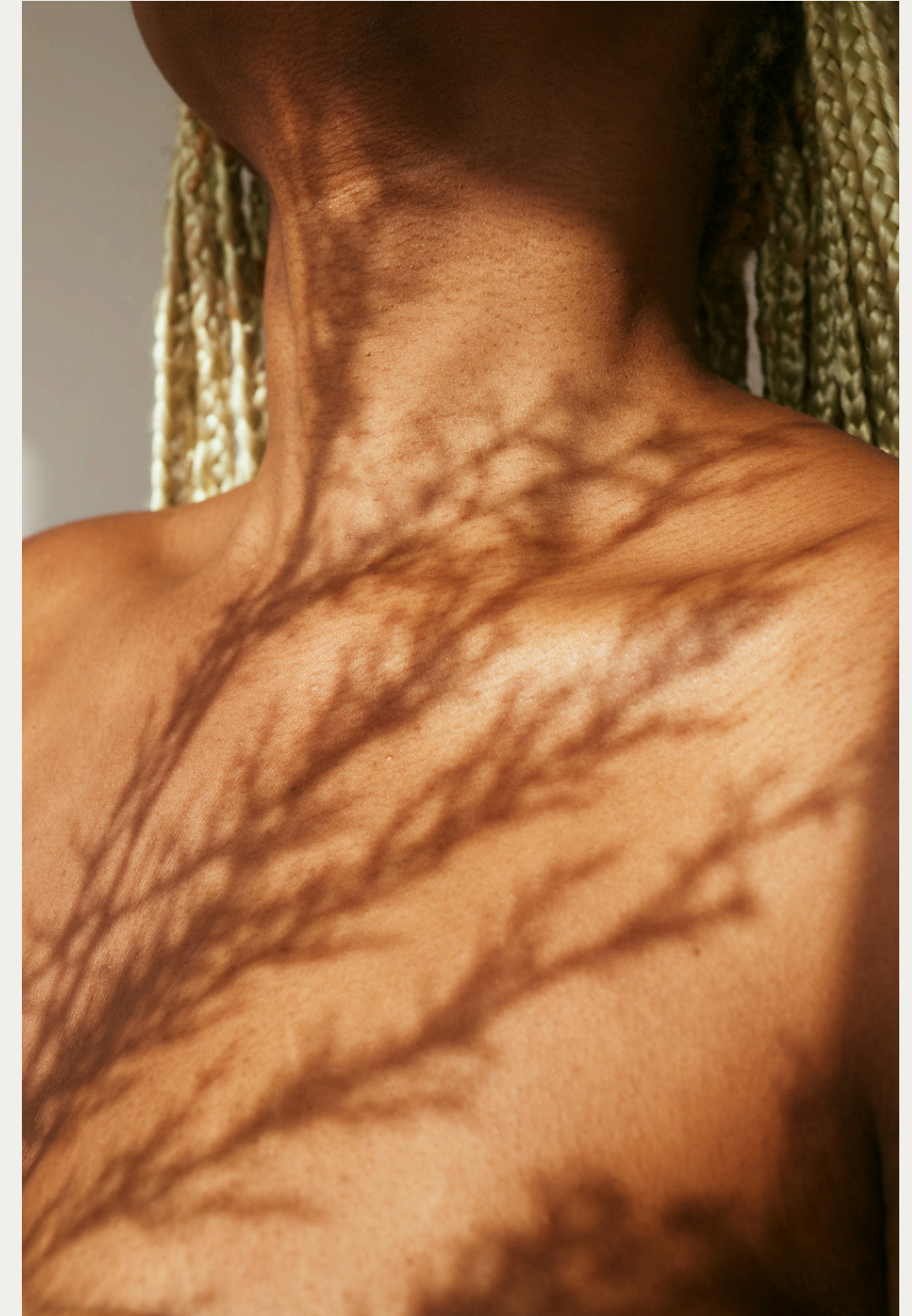
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Section 3 - Disorganised (Fearful-Avoidant) Indicators

Rate 1–5:

1. I crave closeness but fear it at the same time.
2. I push people away when they get close.
3. I feel emotionally unpredictable in relationships.
4. I fear abandonment but also fear being controlled.
5. I've experienced chaotic or unsafe relationships.
6. I struggle to trust even safe partners.
7. I feel overwhelmed by intimacy.
8. I can go from clingy to distant quickly.
9. I feel safest when I'm not too close or too far.
10. Relationships feel confusing or destabilizing.

Total score: ____



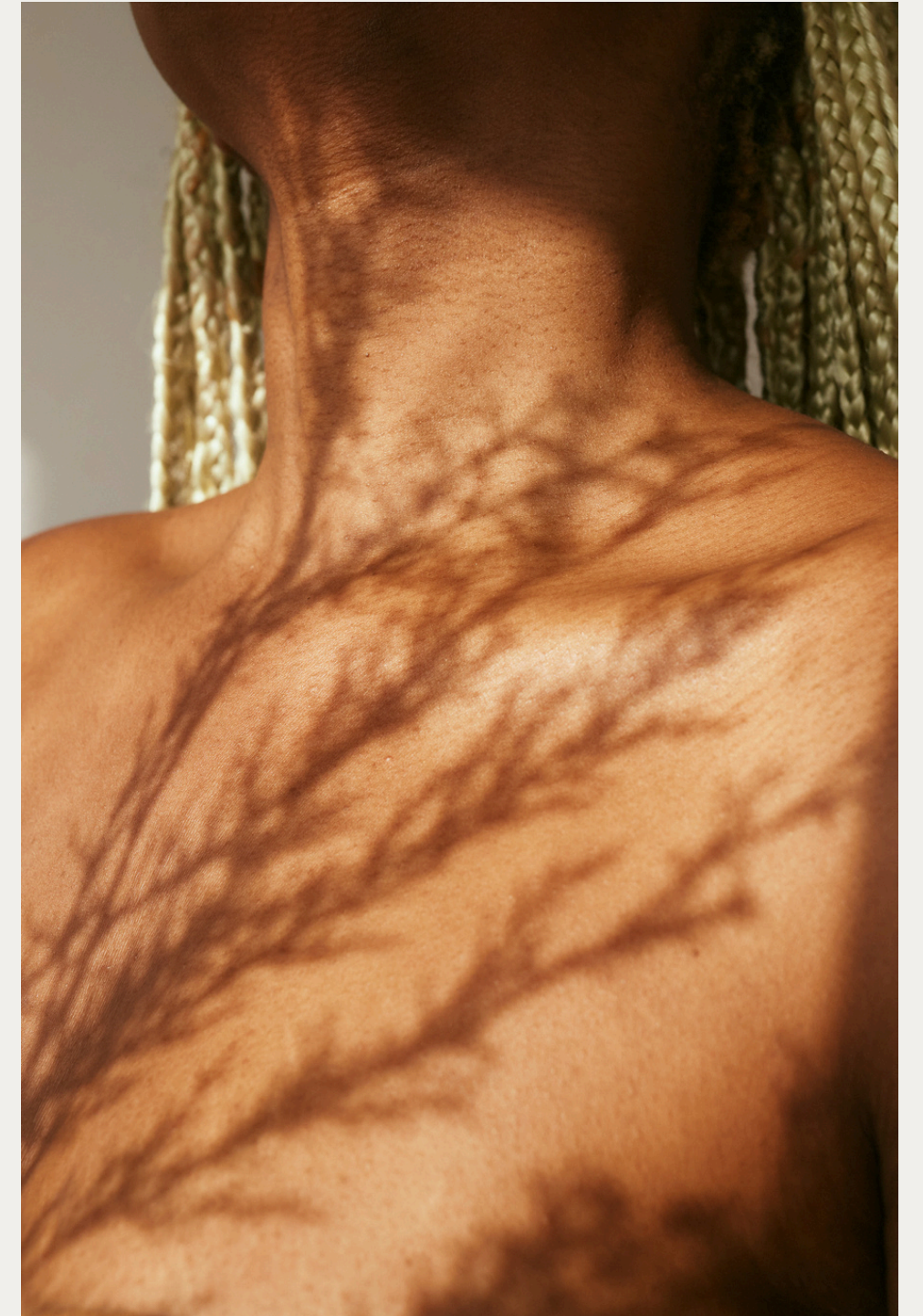
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Section 4 - Secure Attachment Indicators

Rate 1–5:

1. I feel comfortable giving and receiving love.
2. I trust that people care about me.
3. I can communicate my needs clearly.
4. I regulate myself during conflict.
5. I don't fear abandonment constantly.
6. I can tolerate space in relationships.
7. I repair conflict rather than avoid it.
8. I feel grounded in closeness.
9. I can be independent and connected.
10. I feel emotionally safe most of the time

Total score: ____



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Scoring Your Results

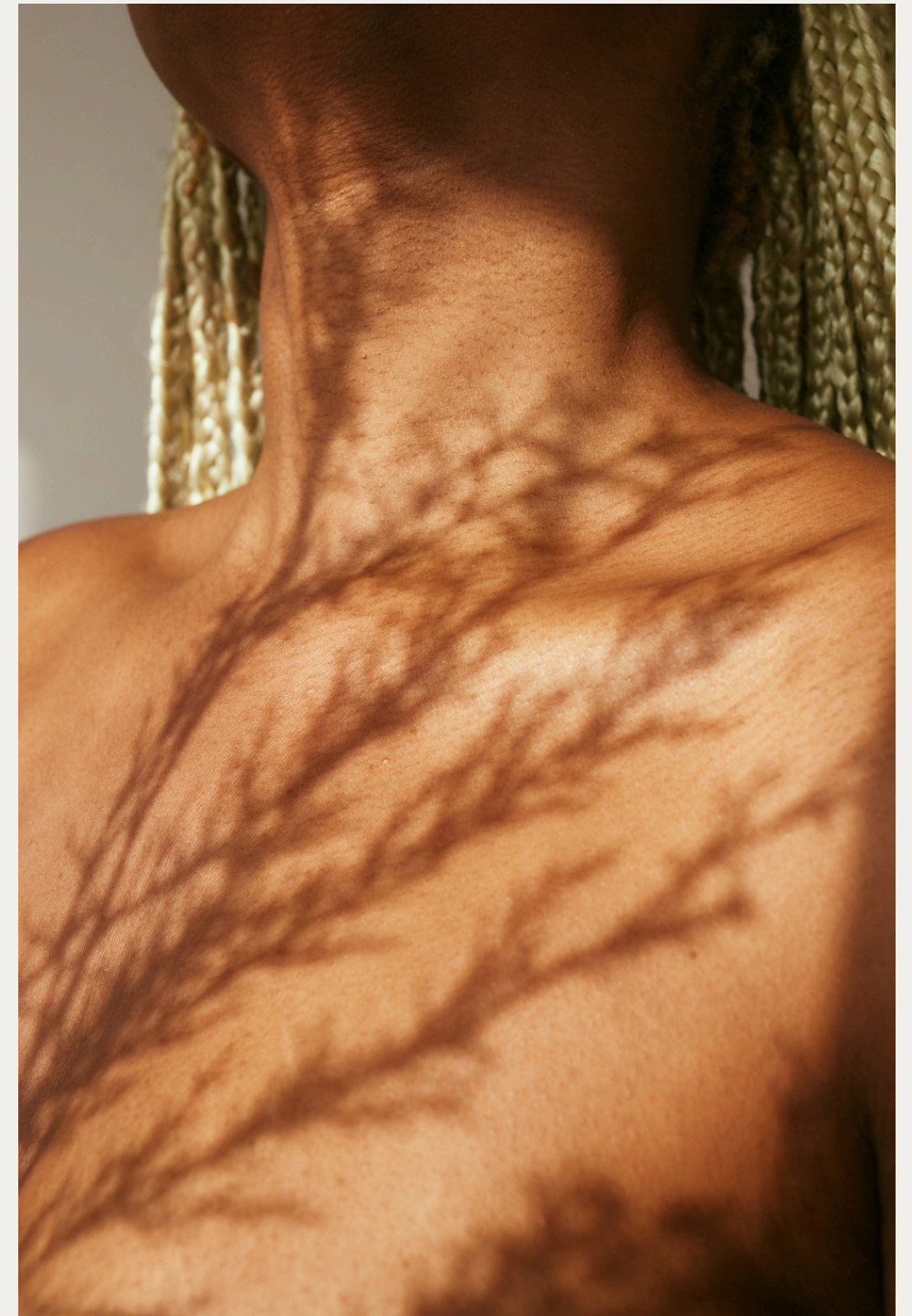
Add each section separately.

Highest score = primary attachment style

General guide:

- 40–50 → Strong pattern
- 25–39 → Moderate pattern
- 10–24 → Low pattern

Most people have a blend, but one will dominate under stress.



Style Breakdowns

If Anxious scored highest

Your nervous system is hyper-attuned to connection.

Strengths:

- Empathetic
- Emotionally expressive
- Deeply loyal

Growth edges:

- Self-soothing
- Boundaries
- Trusting stability

If Avoidant scored highest

Your nervous system equates space with safety.

Strengths:

- Independent
- Self-regulated
- Grounded under pressure

Growth edges:

- Vulnerability
- Emotional expression
- Letting others in

If Disorganised scored highest

Your system learned that closeness = unpredictability.

Strengths:

- Highly perceptive
- Emotionally deep
- Adaptive

Growth edges:

- Nervous system safety
- Trust building
- Consistency

If Secure scored highest

Your system experiences connection as safe.

Strengths:

- Emotional balance
- Healthy communication
- Repair capacity

Growth edge:

- Maintaining boundaries with insecure partners

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Reflection Prompts

Add this at the end of the quiz:

- **Which attachment style surprised me?**
- **How do I show up in conflict?**
- **What patterns repeat in my relationships?**
- **Do I feel calm - or activated - in love?**
- **What would secure feel like in my body?**

