



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Do I Have Anxious Attachment?

10 questions about fear of abandonment in relationships

Dr. Priya Dubey Sharma

Founder & Consulting Psychologist

Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



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Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“ The quality of our relationships is the quality of our lives. Every relationship skill in this guide is teachable and learnable – at any age, at any stage.

THE STORY

Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn't decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey
DHB · MBHCS · AVR

18+

Years of practice

5,000+

Lives touched

5

Intl memberships

UN · SBI

Institutional roles



Do I Have Anxious Attachment?

This assessment helps you understand your attachment patterns in relationships. Answer honestly to get a clearer picture of your relational style.

Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- Do you often worry that your partner might leave you?
- Do you frequently need reassurance from your partner about their feelings for you?
- Do you tend to interpret your partner's need for space or distance as a sign of rejection?
- Do you find yourself checking your partner's messages or location frequently?
- Do you experience intense emotional distress during disagreements with your partner?
- When your partner is unavailable, do you find it difficult to calm yourself down?
- Do you often feel jealous or compare yourself unfavourably to others in relation to your partner?
- Have you settled for relationships that are less than you deserve to avoid being alone?
- After a conflict, do you feel relieved but find that anxiety about the relationship quickly returns?
- Do you experience significant relief and security when your partner is present and attentive?

Score: Count the number of 'Yes' answers to the questions above.



Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

SCORE: 0-3

Secure Attachment

Your responses suggest a generally secure attachment style, indicating healthy relationship dynamics.

SCORE: 4-6

Mild Anxious Attachment

Your responses indicate mild anxious attachment tendencies that may sometimes cause relationship stress.

SCORE: 7-8

Moderate Anxious Attachment

Your responses point towards moderate anxious attachment, suggesting significant distress in relationships that could benefit from attention.

SCORE: 9-10

Significant Anxious Attachment

Your responses suggest significant anxious attachment patterns that are likely causing considerable distress; seeking professional guidance is strongly recommended.

Whatever your score: You took the time to check in with yourself. That takes courage.

DR. PRIYA'S TIP

Understanding your attachment style is the first step towards building more secure and fulfilling connections. Explore gentle self-compassion practices when you feel anxious.

[Book a Session with Dr. Priya](#)



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. What situations trigger your fears of abandonment most strongly?

2. How do your relationship behaviours align with your desire for connection?

3. What small steps can you take to build self-soothing skills?

How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

Continue Your Journey

Recommended resources based on your results:

1

Relationship Repair Toolkit

Learn effective strategies for navigating conflict and strengthening bonds.

₹299

2

Building Self-Esteem Course

Boost your confidence and reduce dependency on external validation.

₹499

3

Mindfulness for Inner Peace

Discover techniques to calm your mind and find emotional balance.

₹199

TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at manas365.com/assessments



Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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**"Every relationship you improve – with others, and with yourself –
ripples outward in ways you cannot fully see."**

– Dr. Priya Dubey Sharma

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Disclaimer: This resource has been prepared by Dr. Priya Dubey Sharma – Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: priya@manas365.com | +91 99818 13224