



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

Do I Have Avoidant Attachment?

10 questions about emotional distance 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 Avoidant Attachment?

This self-assessment helps you explore your comfort with emotional closeness in relationships. Answer honestly to understand your patterns better.

Assessment Questions

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

- Do you often feel uncomfortable when a relationship starts getting too close or intimate?
- Do you tend to pull away or create distance when a partner expresses deep emotional needs?
- Do you take pride in being completely self-sufficient, even if it means sacrificing closeness?
- Do you dismiss or minimize your partner's need for connection and emotional support?
- Have you felt 'smothered' or overwhelmed by a partner's demands for attention or affection?
- Do you find it difficult to express your own vulnerabilities or deeper feelings to a partner?
- Do you tend to end relationships when they become serious or require significant emotional investment?
- Do you prioritize your independence and personal space over the interdependence of a close relationship?
- Do you feel a sense of relief or calm when you are alone, even if you are in a relationship?
- Do you sometimes desire genuine closeness but then push it away when it becomes available?

Score: Count the total number of 'Yes' answers. This will help you understand your responses.



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 healthy balance between independence and connection. You likely feel comfortable with intimacy and closeness, fostering secure relationships.

SCORE: 4-6

Mild Avoidance

You may experience some discomfort with deep emotional closeness. Exploring these feelings can help you build even stronger, more connected relationships.

SCORE: 7-8

Moderate Avoidant Attachment

Your answers indicate a noticeable tendency to avoid emotional intimacy. Recognizing this pattern is the first step toward fostering deeper connections when you desire them.

SCORE: 9-10

Significant Avoidant Attachment

Your responses suggest a strong pattern of avoiding emotional closeness, which may impact your relationships. Consider seeking guidance to explore these patterns and cultivate more fulfilling connections.

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

DR. PRIYA'S TIP

It's natural to value independence, but true connection often requires embracing vulnerability. Gently explore opportunities to share your inner world with trusted individuals.

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



Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Reflect on a time you pulled away from someone. What were you feeling at that moment?

2. How does your desire for independence affect your ability to be emotionally close?

3. What is one small step you could take to feel more comfortable with closeness?

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

Building Secure Bonds

Learn strategies to foster healthier connections in your relationships.

₹199

2

Understanding Emotional Needs

A guide to recognizing and communicating your own and your partner's emotional requirements.

₹99

3

The Art of Vulnerability

Discover how opening up can strengthen your relationships and personal growth.

₹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