



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# What Is My Attachment Style?

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Discover how you connect 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



## What Is My Attachment Style?

This screener helps you understand your attachment style in relationships. Answer honestly to gain insights.

### Assessment Questions

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

- I worry that my partner will leave me.
- I find it difficult to be emotionally close to my partner.
- I generally trust my partner to be there for me.
- I value my independence and often prefer to do things alone.
- I feel anxious when my partner is away from me for extended periods.
- I often need reassurance from my partner about their feelings for me.
- I sometimes avoid deep emotional intimacy in my relationships.
- I have mixed feelings about commitment and long-term relationships.
- I am comfortable relying on my partner and having them rely on me.
- When faced with conflict, I tend to withdraw or distance myself.

**Score:** Count the number of 'Yes' answers. Each 'Yes' indicates a tendency towards a particular style.



## Your Results

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

### SCORE: 0-3

#### Secure Attachment

You tend to have a healthy and balanced approach to relationships. You feel comfortable with closeness and independence, and trust your partner.

### SCORE: 4-6

#### Anxious Attachment

You might experience a fear of abandonment and often seek reassurance. Closeness can sometimes feel overwhelming, leading to worry.

### SCORE: 7-8

#### Avoidant Attachment

You may prioritize independence and feel uncomfortable with too much closeness. You might distance yourself emotionally when things get intense.

### SCORE: 9-10

#### Fearful-Avoidant Attachment

You likely experience a mix of wanting closeness and fearing it. Independence is important, but you may also feel anxious about being alone or rejected.

**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 stronger, more fulfilling connections. Focus on open communication and consistent effort in your relationships.

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



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which question resonated with you the most and why?

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2. How does your attachment style show up in your current relationships?

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3. What is one small step you can take to foster a more secure attachment?

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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

A guide to understanding and improving relationship dynamics.

₹199

2

### Mindful Communication Toolkit

Learn effective ways to express your needs and feelings.

₹99

3

### Navigating Relationship Challenges

Strategies for overcoming common relationship hurdles.

₹199

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment – plus 270+ validated tools – at [manas365.com/assessments](https://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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