Understanding Your Security

RATING SCALE: *Using the scale below, rate each of the following statements.*

Rarely true — Sometimes true — Often true

1. It's easy to balance separateness and togetherness in the relationship. ____
2. My partner can change and grow as needed, and it's not a threat. ____
3. It's easy for me to make commitments to my partner and honor those commitments. ____
4. I need my partner as much as he or she needs me. ____
5. If something is not working out with my partner, I can be patient and wait for the right solution to present itself. ____
6. We can have conflict even though neither of us is at fault. ____
7. I tell my partner everything. It there's something I haven't mentioned, it's because I'm absolutely certain it would bother him or her. ____
8. When my partner and I disagree, I commit to finding a win-win situation. ____
9. Spending time apart from my partner is just as easy as being together. ____
10. I can just ask my partner for what I want, and it usually works one way or another. ____
11. When my partner and I fight, I take the lead to help us both feel ok again. ____
12. When past relationships have ended, it was a mutual and well-considered decision. ____

TOTAL: Add up the numbers for your totat security score. ____

Understanding Your Security Score

An important thing to understand about this score is that these things can be learned, if they aren't already natural to you. Even if you score high on an Insecurity Scale, you can have secure-functioning relationships.

18- 24. **High**. Your relationships are a resource for you, and that's partly because you do your best to ensure that you and your partner are taking care of each other. You usually take the high road when people aren't acting their best. No matter how stressful things get, you just try not to go there. A high security score paired with a low insecurity score indicates a secure style of attachment.

9 - 17. **Moderate**. Relationships are important to you, and. you try your best to show up as your best self. You may even know exactly how to handle a difficult relationship, but whe things get stressful, all that goes out the window. You nkow you can do better and that the relationships in your life are worth the effort.

0 - 8. **Low**. You've had difficulty building relationships that are stable and secure. The good news is that with information and practice, you can improve your ability to cultivate healthy, more satisfying relationships.