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| --- |
| **Attachment Observation Checklist (tally score for each instance seen)** |
| **Date: Time: Activity: Length of observation:** |
| |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | |  |  | Fred | Betty | Sue | John | etc. | | A  Avoidant | Is close to others |  |  |  |  |  | | Does not trust |  |  |  |  |  | | Does not depend on others |  |  |  |  |  | | Nervous when others get too close |  |  |  |  |  | | Avoids intimacy |  |  |  |  |  | | B  Secure | Established friendships easily |  |  |  |  |  | | Happy to trust others and is trustworthy |  |  |  |  |  | | Can rely on others and be relied on |  |  |  |  |  | | Is self-reliant and un-anxious |  |  |  |  |  | | Does not worry about friendships |  |  |  |  |  | | C  Anxious resistant | Seeks intimacy when others do not wish it |  |  |  |  |  | | Seeks attention or is ‘clingy’ |  |  |  |  |  | | Seeks reassurance that is ‘liked’ by others |  |  |  |  |  | | Others avoid them as ‘too needy’ |  |  |  |  |  | | Worries about not being liked |  |  |  |  |  | |

Based on work by C. Hazan and PR Shaver (1990) ‘Love and work: An attachment theoretical perspective’, *Journal of Personality and Social Psychology*, 59(2): 270–280.