|  |
| --- |
| **Attachment Observation Checklist(tally score for each instance seen)** |
| **Date: Time: Activity: Length of observation:** |
|

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Fred | Betty | Sue | John | etc. |
| AAvoidant | Is close to others |  |  |  |  |  |
| Does not trust |  |  |  |  |  |
| Does not depend on others |  |  |  |  |  |
| Nervous when others get too close |  |  |  |  |  |
| Avoids intimacy |  |  |  |  |  |
| BSecure | 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 |  |  |  |  |  |
| CAnxious 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 |  |  |  |  |  |

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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.