



# YOUR ATTACHMENT- STYLE DECODER

DISCOVER WHY YOU LOVE THE WAY YOU DO—  
AND HOW TO FINALLY BREAK OLD PATTERNS

**you** reclaimed

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# WELCOME

## TO YOUR ATTACHMENT-STYLE DECODER

Understanding your attachment style is one of the most empowering steps you can take toward healthy, steady relationships.

Whether you've struggled with anxiety, distance, or feeling unsure of what you want—you are not alone, and nothing about you is “wrong.”

Your attachment style simply reflects patterns you've developed over time to try to feel safe and connected.

And the beautiful truth? Those patterns can change.

- ▶ This guide is designed to help you:
  - Discover your current attachment style
  - Reflect on how it shows up in your relationships
  - Learn gentle, practical ways to move toward secure connection
- ▶ How to use this guide:
  1. Take the quiz.
  2. Read your result
  3. Reflect on your answers using the journaling prompts
  4. Stay connected with me for more resources and support

This is not a clinical test. It's a personal discovery tool to help you understand yourself with compassion and curiosity.

You're already growing by showing up for yourself in this way.

## ABOUT ME

Hi, I'm Madalina—coach, educator, and creator of You, Reclaimed.

I help people reclaim calm, confidence, and emotional freedom with simple, real-world tools that work.



# WHAT IS ATTACHMENT STYLE?



Attachment style describes how you connect, bond, and respond emotionally to the people you love.

The way you attach in close relationships is usually shaped by your earliest relationships and life experiences.

There are four main attachment styles:

- **Secure** → Comfortable with both intimacy and independence
- **Anxious** → Craves closeness but fears abandonment
- **Avoidant** → Values independence and avoids emotional vulnerability
- **Fearful-Avoidant (Disorganized)** → Craves closeness but also fears it, causing push-pull patterns

➤ Important to remember:

Attachment style is not a diagnosis. It's a starting point to understand your emotional patterns.

With awareness and gentle work, attachment style is something you can change and grow over time.

As you take this quiz, be honest with yourself—but also be kind. There are no “bad” or “good” styles, only patterns that helped you feel safe at one time and may no longer serve you today.

## **Reclaimed reminder:**

“You are not your patterns.

You are the person becoming aware of them—and that awareness is everything.”

# YOU, RECLAIMED: ATTACHMENT STYLE QUIZ



## ***Instructions:***

*"For each statement, choose the answer that feels most like you in close relationships. Answer honestly—there are no right or wrong answers."*

## **✓ Questions + Answers**

1. When I'm really into someone, I usually...
  - A) Worry they'll lose interest or leave me.
  - B) Enjoy the connection but still want lots of personal space.
  - C) Feel safe and excited about the growing bond.
  - D) Crave closeness but also feel overwhelmed and pull away.
  
2. When conflict happens, my first instinct is to...
  - A) Get anxious and want to fix it immediately.
  - B) Withdraw and need space.
  - C) Stay calm and want to talk it through.
  - D) Feel both desperate for reassurance and afraid of confrontation.
  
3. How do you feel when someone pulls away emotionally?
  - A) Panicked and desperate to reconnect.
  - B) Relieved or unaffected.
  - C) Curious but not overly worried.
  - D) Torn between chasing them and shutting down completely.

### **Reclaimed reminder:**

You are already growing.

Awareness is the first step. Stay curious, not critical.

# YOU, RECLAIMED: ATTACHMENT STYLE QUIZ



## **Instructions:**

*"For each statement, choose the answer that feels most like you in close relationships. Answer honestly—there are no right or wrong answers."*

## **✓ Questions + Answers**

4. In relationships, you usually feel...
- A) Like you need constant reassurance they won't leave.
  - B) Uncomfortable with too much closeness.
  - C) Comfortable and trusting.
  - D) Uncertain; sometimes you want closeness, other times you feel trapped.
5. When someone gets too close too fast, you...
- A) Feel excited and dive in quickly.
  - B) Pull back or set boundaries.
  - C) Take your time but feel okay with closeness.
  - D) Feel drawn in but also scared they'll hurt you.
6. How do you feel about expressing your needs?
- A) I worry they'll leave if I ask for too much.
  - B) I avoid bringing up my needs so I don't seem needy.
  - C) I express my needs openly and respectfully.
  - D) I want to express my needs but fear they'll reject me.

### **Reclaimed reminder:**

You are not your patterns.

You are the person becoming aware of them—and that awareness is everything.

# YOU, RECLAIMED: ATTACHMENT STYLE QUIZ



## ***Instructions:***

*"For each statement, choose the answer that feels most like you in close relationships. Answer honestly—there are no right or wrong answers."*

## **✓ Questions + Answers**

7. When someone I love disappoints me, I...
- A) Feel devastated and blame myself.
  - B) Shut down and detach.
  - C) Feel hurt but know we can work through it.
  - D) Feel betrayed and torn between lashing out and withdrawing.
8. In new relationships, I...
- A) Get very invested very quickly.
  - B) Stay guarded and hold back my emotions.
  - C) Open up gradually as trust builds.
  - D) Feel excited then overwhelmed and confused.
9. How do you feel when you're single?
- A) Lonely and incomplete.
  - B) Relieved and independent.
  - C) Content and focused on personal growth.
  - D) Torn between craving connection and fearing it.

### **Reclaimed reminder:**

You deserve calm, steady connection.

Your past shaped your patterns, but it does not define your future.

# YOU, RECLAIMED: ATTACHMENT STYLE QUIZ



## **Instructions:**

*"For each statement, choose the answer that feels most like you in close relationships. Answer honestly—there are no right or wrong answers."*

## **✓ Questions + Answers**

10. Do you trust your partner to meet your emotional needs?

- A) Rarely; I'm always afraid they'll let me down.
- B) I don't expect anyone to meet my needs.
- C) Yes, I believe healthy communication works.
- D) I want to trust them but feel scared to rely on them.

11. What do you fear most in relationships?

- A) Being abandoned.
- B) Losing my independence.
- C) Occasional misunderstandings.
- D) Being rejected if someone gets to know the real me.

12. If your partner doesn't text you back right away, you...

- A) Feel anxious and assume something is wrong.
- B) Don't care much or even feel relieved.
- C) Assume they're busy and don't worry.
- D) Feel both anxious and resentful.

### **Reclaimed reminder:**

You are allowed to evolve.

Every step toward understanding yourself is a step toward creating healthier, safer relationships.

# ATTACHMENT STYLE QUIZ: ANSWER KEY PAGE

## *Find your attachment style*

*“As you look over your quiz results, remember: this quiz is designed to give you insight, not a life sentence. Wherever you are now, you can absolutely grow toward a secure connection—with others and within yourself.”*

### **How to Score:**

- Look back at your answers.
- Count how many As, Bs, Cs, and Ds you chose.
- The letter you chose the most = your dominant attachment style.

### **If you have a tie:**

You may have blended patterns (this is normal).

Many people have a dominant style + traits of another.

Read both style descriptions on the next pages to see which feels most true for you right now.

### ➤ **Reminder:**

Your attachment style doesn't have to be permanent. It's a pattern you can absolutely shift, with awareness and practice.

This quiz is just a first step to understanding yourself better.

### **Style Key:**

**Mostly As = Anxious Attachment**

**Mostly Bs = Avoidant Attachment**

**Mostly Cs = Secure Attachment**

**Mostly Ds = Fearful-Avoidant (Disorganized) Attachment**

# WHAT YOUR ATTACHMENT STYLE MEANS

*"This is not who you are forever. This is where your emotional patterns have brought you so far—and patterns can change."*



## ♥ Secure Attachment

**"Feels safe with both emotional closeness and independence."**

### What it Feels Like

You feel comfortable with emotional closeness and independence. You trust others easily, communicate needs, and handle conflict calmly. You tend to attract partners who are also emotionally available and responsive.

### Common patterns:

- Trusts partner's intentions
- Comfortable with both intimacy and space
- Open communication
- Resolves conflict with care

### ➤ Reclaimed reminder:

You are operating from a secure base. Stay mindful of your emotional boundaries and continue practicing healthy communication. You can model secure love for others too.

# WHAT YOUR ATTACHMENT STYLE MEANS

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## ♥ Anxious Attachment

**"Craves closeness but fears being abandoned or rejected."**

### What it Feels Like

You long for deep emotional closeness, but you often feel anxious, insecure, or fearful that your partner may pull away or leave. You may overthink small behaviors or feel the urge to check in constantly for reassurance. It can feel like you're walking on emotional eggshells to keep someone close.

### Common patterns:

- Constant need for reassurance
- Overanalyze partner's behavior
- Fear of being "too much" or "not enough"
- Intense emotional highs and lows

### ➤ Reclaimed reminder:

You are worthy of steady, consistent love. You deserve a connection where you don't have to chase for reassurance.

# WHAT YOUR ATTACHMENT STYLE MEANS

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## ♥ Avoidant Attachment

**"Values independence and tends to avoid emotional vulnerability."**

### What it Feels Like

You value your independence and often pull back when someone gets emotionally close. You may fear losing your freedom or becoming too dependent on others. Conflict or emotional conversations can feel overwhelming or unnecessary, leading you to withdraw.

### Common patterns:

- Strong preference for distance
- Suppress emotions rather than express them
- Discomfort with too much closeness
- May detach quickly when feeling trapped

### ➤ Reclaimed reminder:

It's safe to let people in slowly. True connection doesn't have to cost you your independence.

# WHAT YOUR ATTACHMENT STYLE MEANS

*"This is not who you are forever. This is where your emotional patterns have brought you so far—and patterns can change."*



## ♥ Fearful-Avoidant (Disorganized) Attachment

**"Craves closeness but also fears it, leading to push-pull relationship patterns."**

### **What it Feels Like**

You want connection, but you also fear getting hurt or rejected. You may find yourself stuck in a painful cycle of drawing people in and then pushing them away when vulnerability feels overwhelming. Relationships can feel intense, unpredictable, and emotionally exhausting.

### **Common patterns:**

- Swing between craving closeness and avoiding it
- Struggle to trust others fully
- Feel overwhelmed by emotional intensity
- May abruptly pull away even when you care deeply

### **➤ Reclaimed reminder:**

You are not broken. Your past shaped these patterns, but you have full power to build safety and consistency at your own pace.

## NOW LET'S EXPLORE YOUR STYLE

*"This is not who you are forever. This is where your emotional patterns have brought you so far—and patterns can change."*



**"Your attachment style gives you insight into your emotional patterns—but it's not who you are forever."**

Use these gentle reflection prompts to explore how your style shows up in your relationships and how you want to grow moving forward.

There are no right or wrong answers. Just honesty and curiosity."

➤ These work for any style → they are intentionally universal

1. When I feel disconnected or insecure in a relationship, I tend to...
2. When someone gets too close too fast, I usually react by...
3. I feel safest in relationships when...
4. A behavior I've repeated in multiple relationships is...
5. One healthy relationship boundary I want to practice more is...
6. When I feel triggered by a partner's behavior, I want to remind myself to...
7. What would a secure, safe relationship look and feel like for me?
8. The next small step I can take to build a more secure connection is...
9. A pattern I notice in myself when I feel unsafe or unsure with someone is...
10. What would it look like for me to feel safe and grounded within myself, no matter what's happening in the relationship?

# WHAT'S NEXT FOR YOU?

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You've just taken a powerful first step toward understanding your attachment patterns.

Awareness is where real change begins.  
The beautiful truth? Attachment styles are not fixed.

With reflection, practice, and the right tools, you can absolutely move toward secure, calm, connected relationships.

## **Next Steps to Keep Growing**

✓ Stay curious

Notice how your attachment patterns show up in your relationships and gently name them when they arise.

✓ Practice emotional self-awareness

Pause, reflect, and check in with your emotions instead of reacting automatically.

✓ Learn healthy communication skills

Start expressing needs, setting boundaries, and allowing others to meet you halfway.

✓ Stay connected with me for more tools + support

I create videos, guides, and resources to help you build safe, steady, healthy relationships—both with yourself and with others.

**Website:** [youreclaimedproject.com](https://www.youreclaimedproject.com)

**YouTube:** <https://www.youtube.com/@YouReclaimedProject>





## WANNA LEARN MORE?



You've just taken an amazing step toward understanding yourself and reclaiming the way you experience relationships.

I have so much more to share with you.

If you want more tools, coaching-style insights, and support as you continue to grow, come hang out with me here:



YouTube →

<https://www.youtube.com/@YouReclaimedProject>



Website →

[YouReclaimedProject.com](https://www.YouReclaimedProject.com)

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We're building a community of people just like you—working toward calm, confidence, and emotional freedom.

I'd love for you to be part of it. ❤️