

# Learn to Love

## **Relational Styles Questionnaire**

*For Session Three Video*

*The information on this questionnaire was largely taken from Dr. Terry M. Levy and Michael Orlans book Attachment, Trauma and Healing.*

### **Secure Love Bond**

#### **Relating to God:**

- I feel secure in God's love for me. This does not change and remains, even when I sin and/make mistakes.
- I have an easy time being intimate with God about myself and others.
- My prayer life flows from being confident in God's love for me and those I care about and as such is rarely driven by fear and/or anxiety.

#### **View of Self:**

- I have a positive view of self, not based on what I do but who I am. My view of self does not change with circumstances in my life. I am aware of my own weaknesses and strengths and I am able to factor this in to the current situation.

#### **Relating to Others and the World around Me:**

- I am comfortable in warm, loving, emotionally close relationships.
- I can depend on others and allows others to depend on me; I'm available for others in times of need.
- I accept other peoples need for separateness without feeling rejected or threatened; I can be close and also independent ("dependent-independent")
- I am generally trusting, empathetic, tolerant of differences, etc.
- I am known for forgiving quickly and not holding the past over other people's heads.
- I can communicate emotions and needs honestly and openly; I can stay attuned to other's needs and respond appropriately;
- I do not avoid conflict.
- I manage emotions well; I am not overly upset about relationship issues.
- I have insight, resolution, and forgiveness about past relationships.
- I am a sensitive, warm, and caring parent; I am attuned to my child's cues and needs', my children are securely attached.
- I can access memories from my childhood, good and bad and tell the story of how my early years shaped me into the person I am today.

## Dismissive Fear Bond

### Relating to God:

- I struggle feeling emotionally close to God. (E.g. I have a hard time understanding people “feeling God’s love”, “waves of liquid love.”)
- I struggle with “performance based” Christianity; I feel good about my relationship with God as long as I am “doing” good things for Him; my devotional life is often task driven.

### View of Self:

- I generally have a positive view of myself. I generally think I am doing “good.”

### Relating to Others and the World around Me:

- I am emotionally distant and can be seen as rejecting in a relationship; I keep people at arm’s length; people often want more connection from me. (deactivates attachment needs and behaviors).
- I equate intimacy with loss of independence; I prefer autonomy to togetherness.
- I am not able to depend on other’s easily, or allow others to “lean on” me; independence is a priority.
- I prefer intellectual communication; I am not comfortable talking about emotions.
- I avoid conflict; if pressed against a wall, I can explode.
- I am seen as cool, controlled, stoic; compulsively self-sufficient; having a narrow emotional range; and/or someone who prefers to be alone.
- I am often seen as good in crisis; I can remain non-emotional; I can take charge.
- I am emotionally unavailable as parent; I can be disengaged and detached; my children already show signs of being emotionally distant.
- I struggle with addictions/coping mechanisms for the stress in my life.
- I have very few memories of my childhood.
- I know my family loved me, but am aware there was very little/none emotional connection.
- When talking about my past, I prefer short, brief responses; I don’t want to reflect on the past.

## Distracted/Preoccupied Fear Bond

### Relating to God:

- I am insecure in my relationship with God. I have times where I feel his love followed by times where I feel he is rejecting me.
- My prayer life is usually focused on me and my struggles.

### View of Self:

- I often have a negative view of myself.

### Relating to Others and the World around Me:

- I am insecure in relationships; constantly worried about rejection and abandonment; preoccupied with relationship (hyper activated attachment needs on behavior).
- I am seen as needy; I often require ongoing reassurance; I want to “merge” with others, which scares people away.

- I often ruminate about unresolved past issues, which intrude into present perceptions and relationships (fear, hurt, anger).
- I am over sensitive to other people's actions and moods; takes people's behavior too personally.
- I am highly emotional; can be argumentative, combative, angry, controlling.
- I have poor personal boundaries.
- My communication is not collaborative; I am often unaware of my own responsibility in relational issues; I often blame others.
- I am unpredictable and moody; I often connect through conflict; I have been told I "stir the pot."
- I am inconsistent in attuning to my children; sometimes we connect well, other times, I am simply too overwhelmed and cannot connect; my children show signs of anxiety.
- I struggle with addictions/coping mechanisms for the stress in my life.
- I struggle with anxiety.
- When I talk about my past, anger and fear intrude; I share stories of being a disappointment, of frustrating attempts to please my parents; my answers are often long and people have said didn't really address their question.

## Disorganized/Fearful Fear Bond

### Relating to God:

- My relationship with God is driven by fear. I am unsure he is good, despite having a desire to continue following him.

### View of Self:

- I often have a negative view of myself. The chaos that often is going inside and outside is more than I can bear. I cannot see how I can be good with everything that is going on inside of me.

### Relating to Others and the World around Me:

- I have an unresolved mindset and many unresolved emotions; I am frightened by memories of prior trauma; I have losses that were not properly mourned or resolved.
- I cannot tolerate emotional closeness in a relationship; I can be argumentative, I have rage, I can be emotionally, physically, spiritually abusive and have dysfunctional relationships.
- I am unable to regulate emotions.
- I have intrusive and frightening traumatic memories and triggers; I dissociate to avoid pain; I have severe depression, PTSD.
- I am seen as antisocial; as having a lack of empathy and remorse, I can be aggressive and punitive, narcissistic.
- I have no regard for rules, struggle with substance abuse, criminality.
- I parent out of fear that my children will be hurt, rejected, killed, lost. I can be triggered easily in parent-child interaction.
- I have high anxiety.
- I have a hard time making sense of and talking about the painful things in my past.
- I can be triggered easily into rage and terror.
- My life feels like it is ruled by fear.