# ECR-R/RS dimensions

view of self

positive                    negative

low avoidance

name:

date:

secure                              preoccupied

*positive*

*view of other*

low
anxiety          1        2        3        4        5        6        7          high
anxiety

*negative*

dismissive                          fearful-
avoidant

high avoidance

*note that this scale can be used to classify & track changes
in one's attachment style in close relationships generally,
or in types of relationship, or in specific relationships*