

The Attachment Index

Circle the number, which comes closest to representing how true the statement is for you right now. Then, score yourself, using the key at the bottom of the page.

Less True					More True	Statement
1	2	3	4	5		I watch more than ten hours of TV/Videos per week.
1	2	3	4	5		I smoke more than five cigarettes per week.
1	2	3	4	5		I drink more than five alcoholic beverages per week.
1	2	3	4	5		I have more than one caffeinated beverage per day.
1	2	3	4	5		My thoughts OFTEN revolve around sex and having sex.
1	2	3	4	5		I critique my appearance in the mirror more than four times per day.
1	2	3	4	5		I gamble more than once per month or lose more than 10% of my take-home pay per month.
1	2	3	4	5		I use cocaine/dope/other drugs more than once per month.
1	2	3	4	5		I virtually always get my way.
1	2	3	4	5		I must be in a relationship to feel great.
1	2	3	4	5		I put myself and my needs last, usually.
1	2	3	4	5		I suffer or tolerate far too much.
1	2	3	4	5		I barely pay my bills, often late.
1	2	3	4	5		I "go shopping" more than four hours per week.
1	2	3	4	5		I attend more than one workshop/personal growth seminar per month.
1	2	3	4	5		I sleep more than 9 hours per day.
1	2	3	4	5		I am often late and/or rushed.
1	2	3	4	5		I try to manage the impressions people have of me.

1	2	3	4	5	I eat sugar (cakes, candy bars, drinks) more than four times per week.
1	2	3	4	5	I often think about food and my next meal.
1	2	3	4	5	I work more than forty-five hours per week.
1	2	3	4	5	I have to be the best at everything I do.
1	2	3	4	5	I use adrenaline to get the job done or to meet deadlines.
1	2	3	4	5	I over-promise or don't keep my word.
1	2	3	4	5	I am always busy.
					Total Score (add up all numbers)

SCORING KEY

- 25 - 50 You are very free.
- 51 - 75 You are human, but would benefit from some detachment work.
- 76 - 90 You are human, but are being held back by your attachments.
- 91 – 100 You are human, but not really your Self.
- 101-125 You are an attachment machine!