

The Relationship Blueprint Quiz

Part 1: When relationships feel uncertain, I tend to:

- ☐ Assume I have done something wrong.
- ☐ Need reassurance from the other person.
- ☐ Pull away and deal with it myself.
- ☐ Feel both desperate for closeness and afraid of it.

Part 2: Asking for help feels:

- ☐ Difficult because I don't want to burden people.
- ☐ Necessary because I worry about losing connection.
- ☐ Uncomfortable because I prefer to rely on myself.
- ☐ Confusing because I want support but struggle to trust it.

Part 3: In relationships I often find myself:

- ☐ Giving more than I receive.
- ☐ Worrying about rejection or abandonment.
- ☐ Keeping people at arm's length.
- ☐ Moving between wanting closeness and needing distance.

Part 4: As a child I often felt:

- ☐ Responsible for other people's feelings.
- ☐ Unsure whether support would be there when I needed it.
- ☐ That I needed to cope alone.
- ☐ Unsure what to expect from important people.

Reflection

Which statements felt most familiar?

What might these responses suggest about the relationship blueprint you developed growing up?

What beliefs about yourself, other people, or relationships might have developed from these experiences?

Once completed, we can add a short interpretation guide:

- Mostly A responses → people pleasing / over-functioning patterns.
- Mostly B responses → anxious attachment patterns.
- Mostly C responses → avoidant patterns.
- Mostly D responses → disorganised or fearful attachment patterns.

