

Relationship Insecurity Self-Check Quiz

Answer “Yes” or “No” to the following 10 questions. Be honest — this quiz is for your personal awareness, not judgment.

1. I often overanalyze my partner’s texts, tone, or response time.
2. I feel anxious if my partner doesn’t reply quickly to my messages.
3. I compare myself to my partner’s exes or friends.
4. I need frequent reassurance that my partner loves me.
5. I sometimes test my partner’s loyalty (e.g., silent treatment, jealousy games).
6. I avoid discussing my fears because I’m worried they’ll think I’m “too much.”
7. I feel threatened when my partner spends time without me.
8. I replay conversations in my head, looking for hidden meaning.
9. I fear my partner will eventually lose interest in me.
10. I have difficulty trusting compliments from my partner.

Scoring

0–3 Yes	Low Insecurity → You show healthy confidence in your relationship.
4–7 Yes	Moderate Insecurity → Some patterns may affect your relationship; consider self-awareness techniques.
8–10 Yes	High Insecurity → These feelings may be overwhelming; self-work or professional support could help.