

Relationship Insecurity Assessment

Answer YES or NO to each question:

- 1 I need reassurance about my partner's feelings multiple times per day
- 2 I check my partner's phone, social media, or messages when they're not around
- 3 I get anxious when my partner spends time with attractive people
- 4 I create tests or scenarios to prove my partner's commitment
- 5 I feel threatened when my partner succeeds or receives attention
- 6 I need to know my partner's location and activities at all times
- 7 I compare my relationship negatively to others' relationships
- 8 I interpret my partner's normal moods as signs they're losing interest
- 9 I have difficulty trusting despite my partner's consistent behavior
- 10 I avoid vulnerability because I fear my partner will use it against me
- 11 I feel like I'm waiting for my partner to leave me
- 12 I abandoned hobbies, friends, or interests to focus only on my relationship
- 13 I feel responsible for making my partner happy and preventing them from leaving
- 14 My self-worth depends heavily on my relationship status
- 15 I panic when my partner needs alone time or space

Scoring:

0-3 YES: Healthy caution. Occasional insecurity is normal.

4-7 YES: Moderate insecurity affecting your relationship. Consider individual therapy.

8-11 YES: Significant insecurity requiring professional support. Your anxiety is damaging the relationship.

12-15 YES: Severe insecurity potentially indicating attachment trauma. Seek immediate therapy.