

Reassurance Style Quiz

Determine what your
reassurance style is in
relationships.

INSTRUCTIONS

Rate each statement based on how true it usually feels for you.

1. I feel calmer when my partner verbally reassures me that we're okay.

Not at all true Slightly true Mostly true Very True

2. Silence or emotional distance quickly increases my anxiety.

Not at all true Slightly true Mostly true Very True

3. Hearing "I care about you" or "I love you" helps me settle emotionally.

Not at all true Slightly true Mostly true Very True

4. I feel uneasy when emotions aren't clearly expressed.

Not at all true Slightly true Mostly true Very True

5. When my partner names their feelings, I feel more connected.

Not at all true Slightly true Mostly true Very True

6. I need emotional reassurance especially after conflict or tension.

Not at all true Slightly true Mostly true Very True

7. I feel safest when my partner follows through consistently.

Not at all true Slightly true Mostly true Very True

8. Sudden changes in routine make me feel unsettled.

Not at all true Slightly true Mostly true Very True

9. Knowing what to expect helps me relax in relationships.

Not at all true Slightly true Mostly true Very True

10. I trust the relationship more when actions match words.

Not at all true Slightly true Mostly true Very True

11. Inconsistency makes me question whether I matter.

Not at all true Slightly true Mostly true Very True

12. Regular check-ins help me feel emotionally steady.

Not at all true Slightly true Mostly true Very True

13. I feel safer when my partner explains what's going on instead of being vague.

Not at all true Slightly true Mostly true Very True

14. Not knowing what someone is thinking makes my anxiety increase.

Not at all true Slightly true Mostly true Very True

15. I prefer direct conversations, even when they're uncomfortable.

Not at all true Slightly true Mostly true Very True

16. I feel uneasy when things feel hidden or unclear.

Not at all true Slightly true Mostly true Very True

17. Honest communication helps me stay emotionally grounded.

Not at all true Slightly true Mostly true Very True

18. I need clarity to avoid overthinking or filling in the gaps.

Not at all true Slightly true Mostly true Very True

19. I need reminders that my partner is choosing this relationship.

Not at all true Slightly true Mostly true Very True

20. Conflict makes me worry about the future of the relationship.

Not at all true Slightly true Mostly true Very True

21. Hearing long-term intentions helps me feel safe.

Not at all true Slightly true Mostly true Very True

22. I feel calmer when my partner reassures me we'll work things out.

Not at all true Slightly true Mostly true Very True

23. I fear being replaced or abandoned when tension arises.

Not at all true Slightly true Mostly true Very True

24. Commitment reassurance helps me stay present instead of anxious.

Not at all true Slightly true Mostly true Very True

25. Physical closeness helps me calm down more than words do.

Not at all true Slightly true Mostly true Very True

26. Being physically near my partner makes me feel safe.

Not at all true Slightly true Mostly true Very True

27. Quality time together reassures me that we're connected.

Not at all true Slightly true Mostly true Very True

28. I feel more regulated after shared experiences.

Not at all true Slightly true Mostly true Very True

29. When stressed, I seek comfort through presence rather than conversation.

Not at all true Slightly true Mostly true Very True

30. Touch or physical affection helps me feel grounded.

Not at all true Slightly true Mostly true Very True

31. I feel secure when I'm trusted to have space without consequences.

Not at all true Slightly true Mostly true Very True

32. Too much checking in makes me feel pressured or overwhelmed.

Not at all true Slightly true Mostly true Very True

33. I feel closer when my independence is respected.

Not at all true Slightly true Mostly true Very True

34. I need reassurance that I can be myself without losing connection.

Not at all true Slightly true Mostly true Very True

35. Feeling controlled makes me want to pull away.

Not at all true Slightly true Mostly true Very True

36. I feel safest in relationships that balance closeness and freedom.

Not at all true Slightly true Mostly true Very True

SCORING

For each question, your answer corresponds to a number of points:

0 = Not at all true

1 = Slightly true

2 = Mostly true

3 = Very true

Add them for each segment of questions.

Questions 1-6:		→	EMOTIONAL
Questions 7-12:		→	CONSISTENCY
Questions 13-18:		→	TRANSPARENCY
Questions 19-24:		→	COMMITMENT
Questions 25-30:		→	PHYSICAL/PRESENCE
Questions 31-36:		→	AUTONOMY-SUPPORT

Your reassurance style corresponds to the type of reassurance that you scored highest in. You may have more than one style if you have more than one type of reassurance above 15 points.

STYLE DESCRIPTIONS

Emotional Reassurance

You feel most secure when emotions are named and expressed. Verbal connection helps your nervous system settle.

Helpful: reassurance, check-ins, emotional validation

Not helpful: emotional withdrawal or “you’re fine” responses

Consistency Reassurance

Reliability builds safety for you. Actions over time matter more than big moments.

Helpful: follow-through, routines, predictability

Not helpful: inconsistency or mixed signals

Transparency Reassurance

Clarity reduces anxiety for you. Knowing what’s going on helps you stay grounded.

Helpful: honest explanations, clear communication

Not helpful: vagueness or secrecy

Commitment Reassurance

You feel secure when the relationship is affirmed as intentional and chosen.

Helpful: reminders of commitment, future talk

Not helpful: avoidance of reassurance during conflict

Physical / Presence Reassurance

Connection is felt in the body. Being together helps regulate emotions.

Helpful: touch, time together, shared experiences

Not helpful: reassurance without presence when distressed

Autonomy-Support Reassurance

You feel safest when closeness includes freedom. Trust strengthens connection.

Helpful: encouragement, space, independence

Not helpful: monitoring, pressure, excessive reassurance demands