

Created by DLH

Are You Truly Secure in Love?

A 2-Minute Self-Check

A gentle starting point toward emotional safety and secure attachment

INSTRUCTIONS + QUIZ

Start the Self-Check

Instructions:

Answer **Yes** or **No** to each statement below.

Be honest with yourself.

This self-check is for gentle reflection, not judgment.

Quiz Statements

1. I feel calm and steady most of the time in my relationship.
 Yes No
2. I don't panic when communication slows down.
 Yes No
3. I can express my needs without fear of losing the other person.
 Yes No
4. I don't feel the need to chase reassurance to feel safe.
 Yes No
5. Conflict doesn't make me question the entire relationship.
 Yes No
6. I trust that I am loved even when we're apart.
 Yes No
7. I don't overanalyze texts, tone, or silence.
 Yes No
8. I feel emotionally safe being my true self.
 Yes No
9. I can self-soothe instead of depending on my partner to calm me.
 Yes No
10. Love feels peaceful more than painful.
 Yes No

RESULTS + NEXT STEP

Your Reflection

Count how many “**Yes**” answers you selected.

8–10 “YES” — Secure Foundation

You are experiencing meaningful signs of emotional safety and steadiness in love. Your next step is continuing to deepen trust, communication, and inner calm so this security keeps growing.

4–7 “YES” — Growing Toward Security

You care deeply and desire stability, yet moments of anxiety or uncertainty may still shape your reactions.

With gentle awareness and the right tools, secure love can absolutely be learned and strengthened.

0–3 “YES” — Protection Mode

Your heart may still be guarding against past hurt or emotional loss. This is not failure.

It is a sign that deeper safety and healing are ready to begin.

A Gentle Next Step

If this self-check spoke to your heart, you are not alone. You can begin building calm, secure love one small step at a time.

Receive the free guide:

“3 Daily Secure Truths That Calm Relationship Anxiety.”

A simple, peaceful starting place for emotional safety in love.

LEGAL DISCLAIMER

This self-check is for educational and personal reflection purposes only and is not therapy, diagnosis, or medical advice.

If you are experiencing emotional distress, please consider seeking support from a licensed mental health professional.