

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.

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## 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
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# RESULTS + NEXT STEP

## Your Reflection

Count how many **"Yes"** answers you selected.

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## **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.

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## **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.

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## **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.

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## **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.

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# 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.