



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 23 Action Guide: Adult Attachment Styles

Diane Poole Heller's Attachment Style Quiz

Take this online quiz to determine your attachment style:

<http://dianepooleheller.com/attachment-quiz/>

* Quiz is not compatible with Internet Explorer.

What are your thoughts about the results? Write them here:

(Feel free to review the video in light of your results, if necessary)