

Attachment to God Scale

The following statements concern how you feel about your relationship with God. We are interested in how you generally experience your relationship with God, not just in what is happening in that relationship currently. Respond to each statement by indicating how much you agree or disagree with it, using the following scale.

Anxiety Scale

	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
1. I worry a lot about my relationship with God.	1	2	3	4	5	6	7
3. If I can't see God working in my life, I get upset or angry.	1	2	3	4	5	6	7
5. I am jealous at how God seems to care more for others than for me.	1	2	3	4	5	6	7
7. Sometimes I feel that God loves others more than me.	1	2	3	4	5	6	7
9. I am jealous at how close some people are to God.	1	2	3	4	5	6	7
11. I often worry about whether God is pleased with me.	1	2	3	4	5	6	7
13. Even if I fail, I never question that God is pleased with me.	7	6	5	4	3	2	1
15. Almost daily I feel that my relationship with God goes back and forth from "hot" to "cold."	1	2	3	4	5	6	7
17. I fear God does not accept me when I do wrong.	1	2	3	4	5	6	7
19. I often feel angry with God for not responding to me when I want.	1	2	3	4	5	6	7
21. I crave reassurance from God that God loves me.	1	2	3	4	5	6	7
23. I am jealous when others feel God's presence when I cannot.	1	2	3	4	5	6	7
25. I worry a lot about damaging my relationship with God.	1	2	3	4	5	6	7
27. I get upset when I feel God helps others, but forgets about me.	1	2	3	4	5	6	7

Avoidance Scale

	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
2. I just don't feel a deep need to be close to God.	1	2	3	4	5	6	7
4. I am totally dependent upon God for everything in my life.	7	6	5	4	3	2	1
6. It is uncommon for me to cry when sharing with God.	1	2	3	4	5	6	7
8. My experiences with God are very intimate and emotional.	7	6	5	4	3	2	1
10. I prefer not to depend too much on God.	1	2	3	4	5	6	7
12. I am uncomfortable being emotional in my communication with God.	1	2	3	4	5	6	7
14. My prayers to God are often matter-of-fact and not very personal.	1	2	3	4	5	6	7
16. I am uncomfortable with emotional displays of affection to God.	1	2	3	4	5	6	7
18. Without God I couldn't function at all.	7	6	5	4	3	2	1
20. I believe people should not depend on God for things they should do for themselves.	1	2	3	4	5	6	7

22. Daily I discuss all of my problems and concerns with God.	7	6	5	4	3	2	1
24. I am uncomfortable allowing God to control every aspect of my life.	1	2	3	4	5	6	7
26. My prayers to God are very emotional.	7	6	5	4	3	2	1
28. I let God make most of the decisions in my life.	7	6	5	4	3	2	1

Beck, R., & McDonald, A. (2004). Attachment to God: The Attachment to God Inventory, tests of working model correspondence, and an exploration of faith group differences. *Journal of Psychology and Theology*, 32(2), 92–103.

Scoring

The *Attachment to God Inventory (AGI)* developed by R. Beck and A. McDonald does not have standardized clinical cut-off scores in the way many diagnostic tools do.

Instead, the AGI is designed as a continuous measure of attachment style along two key dimensions:

- Anxiety (anxious attachment to God)
- Avoidance (avoidant attachment to God)

Calculate the sum of items for each scale by adding the numbers circled for each question. Some items are reverse scored, so be careful to .

Total scores range from 14-98 for each scale with higher scores indicating greater attachment anxiety or avoidance with God.

ANXIETY SUM: _____ **AVOIDANCE SUM:** _____

How scores are typically interpreted:

- Higher anxiety scores → greater fear of abandonment, need for reassurance from God
- Higher avoidance scores → greater emotional distance or discomfort with closeness to God
- Lower scores on both → generally reflect a more secure attachment to God