

ATTACHMENT STYLES

SECURE ATTACHMENT



- TRUSTS OTHERS EASILY.
- COMFORTABLE WITH CLOSENESS AND SPACE.
- EXPRESSES FEELINGS OPENLY.
- HANDLES CONFLICT CALMLY.
- CAN RELY ON OTHERS AND BE RELIABLE.
- FEELS WORTHY OF LOVE AND RESPECT.
- SEEKS HEALTHY, BALANCED RELATIONSHIPS.
- FEELS SAFE ASKING FOR HELP.
- RECOVERS QUICKLY FROM SETBACKS.
- GROWS STRONGER THROUGH CONNECTION.

ANXIOUS ATTACHMENT



- FEARS BEING ABANDONED.
- NEEDS FREQUENT REASSURANCE.
- FEELS "NOT GOOD ENOUGH."
- FEARS THEIR PARTNER LACKS AFFECTION.
- OVERANALYZES MINOR PROBLEMS.
- FINDS IT DIFFICULT TO FULLY TRUST.
- BECOMES EMOTIONALLY NEEDY UNDER STRESS.
- EXTREMELY SENSITIVE TO REJECTION.
- FACES CHALLENGES WITH SELF-ESTEEM.

LOW ANXIETY

HIGH ANXIETY

AVOIDANT ATTACHMENT



- AVOIDS EMOTIONAL INTIMACY.
- PREFERS INDEPENDENCE.
- AVOIDS RELYING ON OTHERS
- STRUGGLES TO EXPRESS EMOTIONS.
- PULLS AWAY WHEN FEELING CLOSE.
- SUPPRESSES EMOTIONAL NEEDS.
- CAN APPEAR COLD OR DISTANT.
- FINDS VULNERABILITY UNCOMFORTABLE.
- FEELS SAFER ALONE.
- OFTEN DENIES NEEDING SUPPORT.

DISORGANIZED ATTACHMENT



- FEARS CLOSENESS AND REJECTION.
- GIVES MIXED SIGNALS.
- DESIRES LOVE BUT PUSHES IT AWAY.
- OFTEN FEELS CONFUSED IN RELATIONSHIPS.
- MAY REPEAT UNHEALTHY PATTERNS.
- STRUGGLES TO TRUST OR FEEL SAFE.
- HIGH EMOTIONAL REACTIVITY.
- HISTORY OF TRAUMA OR NEGLECT.
- RELATIONSHIPS FEEL UNPREDICTABLE.
- SEEKS CLOSENESS BUT FEARS HURT.

LOW AVOIDANCE

HIGH AVOIDANCE