

HEALTHY TOOLS FOR ATTACHMENT STYLES

SECURE ATTACHMENT

- PRACTICE CLEAR, KIND COMMUNICATION EVEN DURING TOUGH CONVERSATIONS.
- CONTINUE SETTING AND RESPECTING MUTUAL EMOTIONAL BOUNDARIES.
- STAY SELF-AWARE OF EMOTIONAL NEEDS AND SHIFTS.
- ENCOURAGE PARTNER'S AUTONOMY WITHOUT FEAR OR INSECURITY.
- MAINTAIN OPEN DIALOGUE TO PROCESS CONFLICTS CONSTRUCTIVELY.
- REGULARLY CHECK IN WITH YOUR EMOTIONAL WELL-BEING.
- EXPRESS GRATITUDE AND LOVE CONSISTENTLY IN RELATIONSHIPS.
- SUPPORT OTHERS' HEALING WITHOUT OVER-FUNCTIONING OR FIXING.
- REMAIN CURIOUS AND PATIENT IN EMOTIONALLY CHARGED MOMENTS.
- MODEL EMOTIONAL SAFETY AND CONSISTENCY FOR LOVED ONES.

ANXIOUS ATTACHMENT

- SELF-SOOTHE THROUGH BREATHWORK, GROUNDING, OR JOURNALING DURING DISTRESS.
- CHALLENGE FEARS OF ABANDONMENT WITH REALITY-BASED THINKING.
- PRACTICE ASKING FOR REASSURANCE WITHOUT OVER-APOLOGIZING.
- SET EMOTIONAL BOUNDARIES AND HONOR YOUR OWN NEEDS.
- BUILD SECURE FRIENDSHIPS OUTSIDE ROMANTIC RELATIONSHIPS.
- DELAY REACTING IMPULSIVELY WHEN TRIGGERED—PAUSE AND REFLECT.
- ENGAGE IN THERAPY TO UNPACK INSECURITY AND FEAR.
- USE AFFIRMATIONS TO REINFORCE SELF-WORTH AND LOVABILITY.
- LEARN TO SIT WITH SILENCE WITHOUT PANIC.
- COMMUNICATE NEEDS DIRECTLY, NOT THROUGH HINTS OR TESTING.

AVOIDANT ATTACHMENT

- JOURNAL EMOTIONS TO BETTER UNDERSTAND AND EXPRESS THEM.
- PRACTICE VULNERABILITY IN SMALL, MANAGEABLE STEPS.
- STAY PRESENT WHEN OTHERS SHARE EMOTIONAL NEEDS.
- CHALLENGE THE BELIEF THAT INDEPENDENCE EQUALS SAFETY.
- NAME AND EXPRESS FEELINGS DURING LOW-STRESS MOMENTS.
- ALLOW CLOSENESS WITHOUT ASSUMING IT THREATENS AUTONOMY.
- LET TRUSTED OTHERS IN GRADUALLY AND INTENTIONALLY.
- USE MINDFULNESS TO STAY OPEN DURING EMOTIONAL DISCOMFORT.
- LEARN TO COMMUNICATE RATHER THAN DISAPPEAR OR AVOID.
- LEARN FEELING WORDS THROUGH READING.

DISORGANIZED ATTACHMENT

- BUILD A SENSE OF SAFETY THROUGH CONSISTENT ROUTINES.
- WORK WITH TRAUMA-INFORMED PROFESSIONALS FOR DEEPER HEALING.
- PRACTICE NERVOUS SYSTEM REGULATION TECHNIQUES (BREATH, TAPPING, GROUNDING).
- NAME CONFLICTING EMOTIONS WITHOUT SELF-JUDGMENT.
- LEARN TO RECOGNIZE TRIGGERS AND TRACK PATTERNS.
- BUILD SELF-TRUST BY HONORING YOUR INSTINCTS AND BOUNDARIES.
- USE AFFIRMATIONS TO SEPARATE PAST TRAUMA FROM CURRENT REALITY.
- STAY PRESENT THROUGH SOMATIC AWARENESS AND BODY SCANNING.
- CREATE EMOTIONAL "COOL-OFF" PLANS DURING OVERWHELM.
- STAY CLOSE TO STEADY, SAFE PEOPLE.