

# Attachment

## Attachment Styles In Relationships

Attachment Style: Secure		
Behavior in Relationships	Communication Patterns	Emotional Tendencies
Engages in mutual problem-solving	Assertive and empathetic	Feels secure and connected
Respects partner's autonomy and encourages growth	Listens actively and validates feelings	Adaptable to partner's needs without feeling threatened
Consistently responsive and reliable	Clearly expresses expectations and boundaries	Maintains emotional balance and resilience
Seeks and maintains healthy boundaries	Seeks constructive feedback	Generally positive and stable mood
Attachment Style: Anxious-Preoccupied		
Behavior in Relationships	Communication Patterns	Emotional Tendencies
May become overly involved or intrusive	Often expresses anxiety and insecurity	Feels unworthy or inadequate without constant validation
Tends to idealize relationships or partners	Difficulty in accepting critical feedback	Prone to jealousy and anxiety in relationships
Seeks to merge identities with partner	Frequent need for communication about the status of the relationship	Emotional highs and lows based on interactions with partner
Difficulty focusing on self or personal interests	May use guilt or manipulation to seek attention	Sensitive to any signs of rejection or disinterest
Attachment Style: Dismissive-Avoidant		
Behavior in Relationships	Communication Patterns	Emotional Tendencies
Prioritizes work or hobbies over relationships	Minimal disclosure of personal feelings	Prefers superficial interactions over deep emotional connections
Avoids discussing future of the relationship	May ignore or dismiss partner's emotional needs	Independent to the point of appearing aloof or uncaring
Views self as invulnerable to feeling attached	Uses humor or diversion to avoid serious topics	Rarely expresses deep emotions or vulnerabilities
Often ends relationships to avoid getting too close	Reluctant to admit needing others	Discomfort with emotional dependency
Attachment Style: Fearful-Avoidant		
Behavior in Relationships	Communication Patterns	Emotional Tendencies
Experiences mixed feelings about intimacy	Can be warm and loving at times and suddenly distant	Intense fear of getting hurt overshadowing desire for closeness
History of turbulent and dramatic relationships	Struggles with trust and may test their partner	Feels unworthy of love, yet craves emotional connection
May sabotage positive relationship aspects out of fear	Ambivalence leads to unpredictable communication	Experiences a rollercoaster of emotional states
Simultaneously desires and fears emotional closeness	May alternate between clinging and distancing behaviors	Struggles with self-esteem and often feels misunderstood

# Attachment

## The Cycle of Attachment

Attachment Style: Secure		
Manifestation in Children	Manifestation in Adults	Manifestation in Parents
Comfortably explores when caregiver is present	Forms stable and trusting relationships	Responsive to child's needs, provides comfort
Shows distress on separation, happy upon return	Balances intimacy with independence	Consistent and reliable caregiving
Seeks comfort from caregiver when needed	Communicates effectively in relationships	Encourages exploration and supports autonomy
Attachment Style: Anxious-Preoccupied		
Manifestation in Children	Manifestation in Adults	Manifestation in Parents
Clings to caregiver, less exploration	Seeks high levels of closeness and validation	May be overly involved or anxious about child's safety
Becomes very distressed when caregiver leaves	Worry about partner's commitment and love	Inconsistently responsive or overprotective
Not easily comforted on return	Often feels insecure in relationships	Seeks reassurance of bond from child
Attachment Style: Dismissive-Avoidant		
Manifestation in Children	Manifestation in Adults	Manifestation in Parents
Shows little distress on separation	Values independence, may avoid close relationships	Emotionally distant, encourages early independence
Avoids or ignores caregiver on return	May have difficulty expressing feelings	May prioritize physical needs over emotional support
Self-sufficient play, minimal seeking of comfort	Prefers not to rely on others	Views self as self-sufficient, may expect the same from child
Attachment Style: Fearful-Avoidant		
Manifestation in Children	Manifestation in Adults	Manifestation in Parents
Shows inconsistent behavior towards caregiver	Desires closeness but fears intimacy	Conflicted about caregiving, may be inconsistent
May seek and then resist comfort	Struggles with trust and emotional regulation	Can be warm and nurturing but also withdrawn or overwhelmed
Difficulty feeling secure, even with caregiver present	Relationships can be tumultuous	Struggles with fears of rejection or inadequacy as a parent

# Attachment Style

## Tools for Your Attachment Style

Secure Attachment	Anxious-Preoccupied Attachment	Dismissive-Avoidant Attachment	Fearful-Avoidant (Disorganized) Attachment
Cultivate your hobbies and strengths.	Build self-worth outside relationships.	Reevaluate beliefs on independence.	Process past traumas with a therapist.
Embrace lifelong learning.	Pursue self-confidence activities.	Reflect on past influences.	Practice self-compassion regularly.
Foster open, honest dialogue.	Communicate needs calmly.	Share personal thoughts gradually.	Communicate consistently and clearly.
Validate others' feelings while expressing yours.	Work on negotiation and compromise.	Embrace vulnerability step by step.	Take breaks to manage overwhelm.
Balance independence with togetherness.	Be aware of and reduce clingy behaviors.	Address distancing behaviors.	Use mindfulness to stabilize emotions.
Model healthy boundaries.	Practice self-soothing techniques.	Allow others to offer support.	Establish a personal routine for stability.
Celebrate relationship successes together.	Set personal goals for growth.	Join group activities to build social skills.	Engage in dialogue about fears.
Encourage partners to pursue their interests.	Seek feedback on your relationship dynamics.	Acknowledge the value of close bonds.	Create a support system for emotional support.

# Attachment Styles

