

Attachment Styles

Attachment styles refer to the particular way we interact with and relate to others. These forms of attachment develop early in our lives and often remain stable over time.

SECURE

*Attuned to emotions
Trusting of others
Comfortable with intimacy in close relationships
Resolves conflict constructively
Speaks wants and needs easily
Positive view of self & others
High self-esteem
Seeks closeness while maintaining autonomy
Demonstrates empathetic qualities*

ANXIOUS-PREOCCUPIED

*Struggles with communicating needs directly
Low self-esteem
Fear of abandonment
Higher anxiety
Reactive
Codependent
Preoccupied with relationships
Dependent on others for self-worth
Seeks reassurance
Fears rejection*

DISMISSIVE-AVOIDANT

*Struggles with closeness
Inflated self-esteem
Withdraws
Emotionally distant
Unresponsive
Downplays importance of relationships
Extremely self-reliant
Vulnerable when there is a big crisis
Very independent
Ambivalent*

FEARFUL-AVOIDANT

*Fears intimacy
Higher anxiety
Has trouble feeling emotions
Wants closeness, but is also scared by it
Unpredictable
Ambivalent
Minimizes benefits of relationships
Low self-esteem
Lack of trust
Poor boundaries*