

ATTACHMENT STYLES

This guide will help you gain a deeper understanding of your own attachment style and explore the dynamics of human relationships and emotional connections.

LOW AVOIDANCE

SECURE

- High levels of trust and comfort in relationships.
- Able to express emotions and needs openly without fear of rejection.

ANXIOUS

- Constantly seeks reassurance and validation from their partner.
- Often experiences high levels of anxiety and fear of abandonment.

LOW ANXIETY



HIGH ANXIETY

- Values independence and self-sufficiency in relationships.
- Tends to avoid emotional intimacy and may have difficulty opening up to their partner.

- Exhibits a combination of anxious and avoidant behaviors.
- May have experienced inconsistent caregiving in childhood, leading to confusion and ambivalence in adult relationships.

AVOIDANT

DISORGANIZED

HIGH AVOIDANCE