**Attachment styles.**

There are four adult attachment styles:

1. [Anxious](https://www.attachmentproject.com/blog/anxious-attachment/) (also referred to as Preoccupied)
2. [Avoidant](https://www.attachmentproject.com/blog/avoidant-attachment-style/) (also referred to as Dismissive)
3. [Disorganized](https://www.attachmentproject.com/blog/disorganized-attachment/) (also referred to as Fearful-Avoidant)
4. [Secure](https://www.attachmentproject.com/blog/secure-attachment/)

Before getting into what characterizes the four groups, it might be useful to point out how attachment styles develop in children.

**Yet, a person does not necessarily fit 100% into a single category: you may not match ‘the profile’ exactly.**

**The point of self-analysis is to identify unhealthy behaviours and understand what you might need to work on in order to improve your love life. So, let’s get to it!**

How does each of the four attachment styles manifest in adults?

1. Anxious / Preoccupied

For adults with an anxious attachment style, the partner is often the ‘better half.’

The thought of living without the partner (or being alone in general) causes high levels of anxiety. People with this type of attachment typically have a negative self-image, while having a positive view of others.

The anxious adult often seeks approval, support, and responsiveness from their partner.

People with this attachment style value their relationships highly, but are often anxious and worried that their loved one is not as invested in the relationship as they are.

**A strong fear of abandonment** is present, and safety is a priority. The attention, care, and responsiveness of the partner appears to be the ‘remedy’ for anxiety.

On the other hand, the absence of support and intimacy can lead the anxious / preoccupied type to become more clinging and demanding, preoccupied with the relationship, and desperate for love.

2. Avoidant / Dismissive

The dismissing / avoidant type would often perceive themselves as ‘lone wolves’: strong, independent, and self-sufficient; not necessarily in terms of physical contact, but rather on an emotional level.

These people have high self-esteem and a positive view of themselves.

The dismissing / avoidant type tend to believe that they don’t have to be in a relationship to feel complete.

They do not want to depend on others, have others depend on them, or seek support and approval in social bonds.

Adults with this attachment style generally avoid emotional closeness. They also tend to hide or suppress their feelings when faced with a potentially emotion-dense situation.

3. Disorganized / Fearful-Avoidant

The disorganized type tends to show unstable and ambiguous behaviours in their social bonds.

For adults with this style of attachment, the partner and the relationship themselves are often the source of both desire and fear.

Fearful-avoidant people do want intimacy and closeness, but at the same time, experience troubles trusting and depending on others.

They do not regulate their emotions well and avoid strong emotional attachment, due to their fear of getting hurt.

4. Secure Attachment

The three attachment styles covered so far are insecure attachment styles.

They are characterized by difficulties with cultivating and maintaining healthy relationships.

In contrast, the secure attachment style implies that a person is comfortable expressing emotions openly.

Adults with a secure attachment style can depend on their partners and in turn, let their partners rely on them.

Relationships are based on honesty, tolerance, and emotional closeness.