

4 Attachment Styles

These behaviors are general tendencies and may vary among individuals. Understanding and recognizing these patterns can help in personal development and improving workplace dynamics.

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Secure Attachment

1. Comfortably engages in teamwork and collaboration.
2. Shows resilience and composure in handling workplace stress/conflicts.
3. Communicates needs and expectations clearly and respectfully.
4. Builds and maintains trustful relationships with colleagues.
5. Offers and accepts constructive feedback positively.

Anxious/Ambivalent Attachment

1. Frequently seeks validation/reassurance from colleagues or superiors.
2. May react emotionally or appear over sensitive to feedback or changes
3. Tends to worry excessively about job security or status of relationships with colleagues.
4. Often needs more affirmation of their contributions/role in the team.
5. Struggles with independence, preferring constant involvement or supervision.

Avoidant/Dismissive Attachment

1. Prefers independent work, often resisting teamwork/close collaboration.
2. Detached/uninterested in forming personal connections at work.
3. Reluctant to seek help/support from others, even when beneficial.
4. Shows discomfort/avoids discussions about emotions or personal matters.
5. Maintains a strong focus on tasks and goals, sometimes at the expense of relational aspects.

Fearful-Avoidant/Disordered Attachment

1. Exhibits fluctuating patterns of engagement/withdrawal in workplace.
2. Shows hesitation or inconsistency in trusting colleagues and superiors.
3. Has difficulty making decisions, fearing negative outcomes/reactions.
4. Intense emotional responses to feedback, conflicts, or changes at work.
5. Struggles with a desire for close professional relationships but fears getting too involved or vulnerable.