

# What's My Attachment Style?

Attachment styles are patterns of how we form and maintain relationships, influenced by early interactions with caregivers. By reflecting on your feelings and behaviors in relationships, you can gain a clearer picture of your attachment tendencies and work towards healthier, more fulfilling connections.

Use these checklists to identify your attachment style and gain insights into your relationship behaviors.

## Anxious Attachment

- ☐ I often worry about my partner's feelings towards me.
- ☐ I fear abandonment or rejection frequently.
- ☐ I need constant reassurance from my partner.
- ☐ I feel insecure about my relationship even when things are going well.
- ☐ I find myself being overly dependent on my partner for emotional support.
- ☐ I experience intense jealousy or possessiveness.
- ☐ I have difficulty trusting my partner.

If you checked most of the statements in the above checklist, you might have an anxious attachment style.

## Avoidant Attachment

- ☐ I feel uncomfortable with closeness and intimacy.
- ☐ I prefer to keep my partner at a distance emotionally.
- ☐ I value independence and self-sufficiency over relationships.
- ☐ I find it hard to express my feelings to my partner.
- ☐ I often feel that my partner is too needy or clingy.
- ☐ I avoid commitment or long-term relationships.
- ☐ I have a tendency to withdraw or shut down during conflicts.

If you checked most of the statements in the above checklist, you might have an avoidant attachment style.

## Mixed Attachment

It's also possible to have traits from both attachment styles, indicating a mixed attachment style. This can mean you experience both anxiety and avoidance in different situations or relationships.

Understanding your attachment style is the first step towards healthier relationships. If your attachment style is causing significant challenges, consider seeking professional help. Our therapists offer relationship counseling using the Gottman Method, which provides support and strategies for building stronger, more resilient relationships