

## Behavioral Descriptors of the Four Attachment Styles

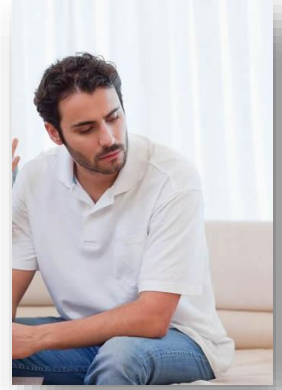
### Insecure Anxious

- clingy tendencies
- highly sensitive to criticism (real or perceived)
- constantly needing approval from others
- jealous tendencies
- difficulty being alone
- low self-esteem
- feels unworthy of love
- intense fear of rejection
- significant fear of abandonment
- difficulty trusting others
- feels euphoria when reassured; often mistakes this happy feeling for love



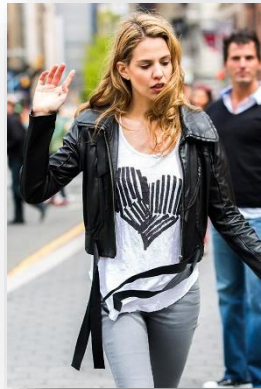
### Insecure Avoidant

- persistently avoids emotional or physical intimacy
- feels a strong sense of independence/self-reliance
- uncomfortable expressing his/her feelings
- dismissive of others
- difficulty trusting others
- feels threatened by anyone who tries to get close
- spends more time alone than interacting with others
- believes he/she doesn't need others in his/her life
- commitment issues



### Insecure Disorganized

- near constant fear of rejection
- unable to regulate emotions
- manifests contradictory behaviors (warm, then cold; affectionate, then distant)
- high levels of anxiety
- difficulty trusting others
- shows signs of both avoidant and anxious attachment styles



### Secure

- can regulate his/her emotions
- easily trusting of others
- effective communication skills
- able to seek emotional support
- comfortable being alone
- comfortable in close relationships
- able to self-reflect in partnerships
- easy to connect with
- able to manage conflict well
- has high self-esteem
- is emotionally available to partner and others

