



Anxious Attachment Style

Common Anxious Thoughts, Emotions, and Reactions

- Mind reading: That's it; I know s/he's leaving me.
- I'll never find anyone else.
- I knew this was too good to last.
- All-or-nothing thinking: I've ruined everything, there's nothing I can do to mend the situation.
- S/he can't treat me this way! I'll show him/her!
- I knew something would go wrong; nothing ever works out right for me.
- I have to talk to or see him/her right now.
- S/he'd better come crawling back to beg my forgiveness, otherwise s/he can forget about me forever.
- Maybe if I look drop-dead gorgeous or act seductive, things will work out.
- s/he is so amazing, why would s/he want to be with me anyway?
- Remembering all the good things your partner ever did and said after calming down from a fight.
- Recalling only the bad things your partner has ever done when you're fighting.

Emotions

- Sad

- Angry
- Fearful
- Resentful
- Frustrated
- Depressed
- Hopeless
- Despairing
- Jealous
- Hostile
- Vengeful
- Guilty
- Self-loathing
- Restless
- Uneasy
- Humiliated
- Hate-filled
- Uncertain
- Agitated
- Rejected
- Unloved
- Lonely/misunderstood
- Unappreciated

Actions

- Act out.
- Attempt to reestablish contact at any cost.
- Pick a fight.
- Wait for them to make the first reconciliation move.
- Threaten to leave.
- Act hostile—roll your eyes, look disdainful.
- Try to make him/her feel jealous.
- Act busy or unapproachable.
- Withdraw