



## **Avoidant Attachment**

### **Common Avoidant** Thoughts, Emotions, and Reactions

- All-or-nothing thinking: I knew s/he wasn't right for me, this proves it!
- Overgeneralizing: I knew I wasn't made to be in a close relationship.
- S/he's taking over my life, I can't take it!
- Now I have to do everything his/her way; the price is too high.
- I need to get out of here, I feel suffocated.
- If s/he was "the one" this kind of thing wouldn't happen.
- When I was with (phantom X) this wouldn't have happened.
- Malicious intent: S/he's really out to annoy me, it's so obvious. . . .
- S/he just wants to tie me down, this isn't true love.
- Fantasize about having sex with other people.
- I'll be better off on my own.
- Ugh, s/he's so needy! It's pathetic.

### **Emotions**

- Withdrawn
- Frustrated
- Angry
- Pressured

- Unappreciated
- Misunderstood
- Resentful
- Hostile/aloof
- Empty
- Deceived
- Tense
- Hate-filled
- Self-righteous/contemptuous
- Despairing/scornful
- Restless/distrustful

### **Actions**

- Act out.
- Get up and leave.
- Belittle your partner.
- Act hostile, look disdainful.
- Make critical remarks.
- Withdraw mentally or physically.
- Minimize physical contact.
- Keep emotional sharing to a minimum.
- Stop listening to your partner. Ignore him.