



Secure Attachment

- **Great conflict busters:** During a fight they don't feel the need to act defensively or to injure or punish their partner, and so prevent the situation from escalating.
- **Mentally flexible:** They are not threatened by criticism. They're willing to reconsider their ways, and if necessary, revise their beliefs and strategies.
- **Effective communicators**—They expect others to be understanding and responsive, so expressing their feelings freely and accurately to their partners comes naturally to them.
- **Not game players:** They want closeness and believe others want the same, so why play games?
- **Comfortable with closeness, unconcerned about boundaries:** They seek intimacy and aren't afraid of being "enmeshed." Because they aren't overwhelmed by a fear of being slighted (as are the anxious) or the need to deactivate (as are the avoidant's), they find it easy to enjoy closeness, whether physical or emotional.
- **Quick to forgive:** They assume their partners' intentions are good and are therefore likely to forgive them when they do something hurtful.
- **Inclined to view sex and emotional intimacy as one:** They don't need to create distance by separating the two (by being close either emotionally or sexually but not both).

- **Treat their partners like royalty:** When you've become part of their inner circle, they treat you with love and respect.
- **Secure in their power to improve the relationship:** They are confident in their positive beliefs about themselves and others, which makes this assumption logical.
- **Responsible for their partners' well-being:** They expect others to be responsive and loving toward them and so are responsive to others' needs."