

# ANXIOUS ATTACHMENT IN ADULTS

Because love and security was unpredictable during childhood, anxiously attached people tend to seek out love and approval from others with little awareness or recognition of their own self-worth. Characteristics of an anxious attachment pattern include:

- You have a constant need to connect or be close to your partner
- You feel unworthy of love, yet deeply desire it
- You feel anxious when your partner is absent
- You feel your "love tank" never gets full or require an excessive amount of attention
- You are a people pleaser
- You struggle with setting boundaries
- You tend to keep score in relationships (tit-for-tat mentality)
- You fear abandonment but engage in behaviours which perpetuate it (ex. starting fights for no reason, being overly clingy, ending relationships so that your partner cannot leave you first)
- You have low self-esteem
- You crave romantic relationships but struggle with confidence and trust
- You need constant reassurance of your partner's love
- You have unrealistic expectations of yourself and others
- You get excessively anxious or disappointed when your partner fails to respond
- Self-care feels selfish, uncomfortable or difficult
- You have a crippling fear of losing your relationships, especially after fights

Do you relate to this attachment style? How?