Attachment Styles
connection in romantic relationships

Attachment styles refer to how people think about and behave in relationships. Someone with secure attachment believes their close relationships are trustworthy, whereas someone with insecure attachment tends to distrust or worry about their bond with others.

Attachment styles are established in childhood and strongly impact romantic relationships throughout life.

♥ Secure

Engages in healthy relationships with good intimacy, communication, and autonomy. Expresses needs well, trusts their partner, and finds the relationship fulfilling.

- ✔ committed to relationship, but independent
- ✔ attentive, affectionate, and accepting
- ✔ able to handle and resolve conflict

💔 Insecure

Anxious

Worries about their partner's availability and commitment. Often feels incomplete without their partner and may seek excessive reassurance or struggle with jealousy.

- ✔ distrustful of partner and relationship
- ✔ afraid of abandonment, rejection, & conflict
- ✔ sensitive to criticism & hungry for approval

Avoidant

Can come across as aloof and emotionally detached. Tends to avoid intimacy, vulnerability, and commitment, often spending time away from their partner.

- ✔ overly rigid, guarded, and distant
- ✔ uncomfortable with emotions and conflict
- ✔ difficulty expressing needs and wants

Anxious-Avoidant

Alternates between anxious and avoidant attachment. Simultaneously desires and distrusts intimacy with their partner, resulting in contradictory, inconsistent behavior.

- ✔ tendency toward emotional extremes
- ✔ difficulty maintaining healthy boundaries
- ✔ prone to high-conflict relationships

ⓘ Additional Info

- Most people have a primary attachment style, but it's common to have some traits from other styles.

- Early parenting, childhood events, and adult experiences all play a role in determining attachment style.

- People with insecure attachment can become more secure by adopting new beliefs and behaviors.

- Partners in a relationship can influence each other's attachment styles, either negatively or positively.