

SECURE ATTACHMENT

Feeling safe in closeness and independence

Connection can feel steady, safe and mutual.

People
Heal
in
Connection
♥

1 What it often sounds like

*"I can depend on people
and still be myself."*



People with secure attachment tend to feel comfortable being close to others while also valuing their own independence. They trust that they can be themselves and still be accepted and loved.



3 Why it matters

A secure attachment style can:



Support emotional regulation, helping us manage big feelings.



Build trust — in ourselves and in others.



Increase resilience, helping us adapt to life's challenges.



Lay the foundation for healthier, more fulfilling relationships.

2 Common signs

Everyone's experience is unique, but these are some common signs of a secure attachment style.



Comfortable with closeness and space.

Can feel connected to others while also enjoying time alone.



Communicates directly.

Shares thoughts and feelings in open and honest ways.



Can ask for support.

Feels able to reach out when needed and accept help from others.



Respects boundaries.

Honours their own needs and the needs of others.



Able to repair conflict.

Can work through misunderstandings and reconnect after difficulties.

4 Helpful reminder

*You don't
have to be perfect
to be securely
attached.*



Secure attachment is not perfection. It includes honesty, repair and flexibility. It means being real, making mistakes, and working through challenges together. It's a way of relating that can grow and strengthen over time.



Steady
people.
Brighter
tomorrows.

