

ATTACHMENT 101

How we learn safety, closeness and connection

Stronger relationships. A kinder inner world. Change is possible.

People
Heal
in
Connection

1 What is attachment?

Attachment is the pattern of expectations we develop about closeness, comfort, safety and support in relationships.

Early experiences often shape it, but attachment patterns can keep changing through insight, healing and safer relationships.



2 Why does it matter?



Shapes how we handle closeness and distance.



Affects conflict, trust and communication.



Influences how we regulate emotions under stress.



Can impact friendships, dating, parenting and self-worth.

3 Four common attachment patterns

Everyone's experience is unique, and many people recognize parts of more than one pattern.



Secure

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

Generally comfortable with closeness and independence. Trusts others, communicates well, and can ask for and offer support.



Anxious

"I want closeness, and I worry about losing it."

Often craves closeness, may worry about rejection or abandonment, and can feel anxious when relationships feel uncertain or distant.



Avoidant

"Depending on myself feels safer than needing others."

Often values independence, may feel uncomfortable with too much closeness, and can shut down or pull away when feeling overwhelmed.



Disorganized

"I want connection, but part of me also experiences it as unsafe."

May feel a push-pull between wanting closeness and feeling overwhelmed or unsafe. Can be linked to early experiences of both care and fear.

4 Important to remember

Awareness today can lead to a kinder tomorrow.



Attachment styles are patterns, not fixed identities. They are protective strategies, not personality flaws. Many people recognize more than one pattern, and change is possible.

5 Curious about your attachment style?



Scan the QR code to take a free attachment style quiz from The Attachment Project.

Use your results as a starting point for reflection, not as a label. Attachment patterns can vary across relationships and can change over time.

External educational resource. This quiz is not a diagnostic assessment.

