

AVOIDANT ATTACHMENT

When distance feels safer than depending on others

People
Heal
in
Connection
♥

Self-protection can look like independence on the outside.

1 What it often sounds like

*"Depending on myself
feels safer than
needing other people."*

You might value independence
and feel most comfortable
handling things on your own.



2 Common signs



Values independence
and self-reliance.



Pulls back when
overwhelmed.



Has a hard time
sharing needs.



May shut down
in conflict.



May minimize
emotions.

3 What may be underneath it

Closeness may have felt
unsafe, disappointing,
or unavailable, so
self-reliance became
a protective strategy.

You may have learned early
on that it was safer to keep
your feelings to yourself and
not rely on others.



4 Helpful shifts



Notice when you pull away
and what might be underneath it.



Practice small moments
of vulnerability.



Name one feeling, even if
it feels uncomfortable.



Allow support in low-stakes
ways, such as accepting help
with something small.

5 Helpful reminder

Avoidant attachment is not coldness or a lack of care.
It is often a protective response to earlier experiences.
Your independence makes sense, and with awareness
and support, it is possible to feel safer with closeness
too — on your own terms.

*You can be
independent
and still belong.* ♥

*Connection
can be a place
of safety too.* ♥