

ANXIOUS ATTACHMENT

When closeness feels important and uncertain

Behind the worry is a deep need for safety and connection.

People
Heal
in
Connection
♥

1 What it often sounds like

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

You care deeply about your relationships and often want to feel close, connected and reassured.



2 Common signs

- Overthinking messages or tone.
- Seeking reassurance about the relationship.
- Sensitivity to distance or changes in communication.
- Fear of rejection.
- Self-blame after conflict.

3 What may be underneath it

Inconsistent closeness, uncertainty and fear can shape this pattern.

Early experiences, such as inconsistent responsiveness or unpredictable availability, can teach us to stay alert to signs of distance.

This can lead to a strong need for connection, along with worry and self-doubt.



4 Helpful shifts

- Pause and breathe before reacting.**
Give yourself a moment to calm your nervous system.
- Name the trigger.**
Notice what's coming up for you and what it might be about.
- Ask clearly for what you need.**
Use honest, kind and direct communication.
- Build self-soothing and supportive relationships.**
Find healthy ways to feel grounded, connected and cared for.

5 Helpful reminder

This pattern is not neediness or weakness. It is a protective strategy that can soften over time. With greater self-awareness, self-compassion and supportive relationships, you can feel more secure and at ease.

*You are not
too much.
You are human.*
♥