

# Relationship Attachment Styles

Positive ← View of Self → Negative

Positive



View of Others



Negative

## Secure

- ☞ Holds Healthy Boundaries
  - ☞ Self-Regulates Emotions
  - ☞ Can Trust Fairly Easily
  - ☞ Good Conflict Resolution
  - ☞ Able to Ask for Help
- Possible Childhood Environment:  
Sufficient Resourcing

## Anxious

- ☞ Fear of Abandonment
  - ☞ Need for Constant Validation
  - ☞ Dependent on Partner for Self-Worth
  - ☞ Difficulty Communicating Needs
  - ☞ Acts Out when Triggered
- Possible Childhood Environment:  
Inconsistent Resourcing

## Avoidant

- ☞ Commitment Issues
  - ☞ Avoids Intimacy and Vulnerability
  - ☞ Guarded / Emotionally Unavailable
  - ☞ Very Self-Reliant
  - ☞ Undervalues Relationships
- Possible Childhood Environment:  
Non-Existent Resourcing

## Fearful

- ☞ Fear of Rejection
  - ☞ Low Self-Esteem
  - ☞ Difficulty Trusting Partners
  - ☞ High Anxiety in Relationships
  - ☞ Unpredictable or Inconsistent
- Possible Childhood Environment:  
Traumatic Resourcing

Based on Bowlby and Ainsworth's Attachment Theory

KH

Intimacy Coaching