

Holistify Me's Guide to **Understanding Love & Connection** *Attachment Styles in Relationships*

Attachment styles are patterns of behavior and expectations people develop in relationships, based on how their emotional needs were met (or unmet) during early childhood. These patterns often continue into adult romantic relationships unless healed or consciously re-patterned.

Here's a breakdown of the four main attachment styles:

1. Secure Attachment

Core Beliefs:

- "I'm lovable, and others can be trusted."

In Relationships:

- Open and honest communication
- Comfortable with closeness and space
- Emotionally supportive and responsive
- Handles conflict constructively

Likely Origin:

- Caregivers were consistently responsive, nurturing, and emotionally available

2. Anxious (Preoccupied) Attachment

Core Beliefs:

- "I'm not enough unless someone validates me."

In Relationships:

- Clingy, overthinks, needs constant reassurance
- Sensitive to partner's tone or distance
- Fears abandonment, worries they're "too much"

Likely Origin:

- Caregivers were inconsistent—sometimes nurturing, sometimes emotionally unavailable

3. Avoidant (Dismissive) Attachment

Core Beliefs:

- "I can only rely on myself."

In Relationships:

- Emotionally distant, avoids vulnerability
- Struggles with expressing needs or affection
- Values independence over closeness
- May shut down during conflict

Likely Origin:

- Caregivers were emotionally unavailable, critical, or dismissive of emotions

4. Fearful-Avoidant (Disorganized) Attachment

Core Beliefs:

- “I want love, but it’s not safe.”

In Relationships:

- Push-pull dynamic: craves closeness but fears it
- Intense emotional swings and self-sabotage
- Difficulty trusting others
- Often comes from trauma

Likely Origin:

- Caregivers were both a source of comfort and fear
- History of trauma, neglect, or abuse

How Attachment Styles React in Relationships

Situation	Secure	Anxious	Avoidant	Fearful-Avoidant
Partner pulls away	Talks it out	Panics, clings	Withdraws further	Clings and runs
Conflict	Problem-solves	Fears rejection	Avoids or shuts down	Escalates, then shuts down
Vulnerability	Shares openly	Overshares quickly	Avoids emotional depth	Shares erratically
Closeness	Feels safe	Feels needy	Feels trapped	Wants love, fears it

Attachment styles can shift over time.

With awareness, healing, and healthy relationship experiences, you can move toward earned secure attachment.

Why It's Important to Learn Your Attachment Style in Relationships

Most of us enter relationships hoping to feel seen, safe, and supported — but we often carry subconscious patterns from our earliest emotional experiences. These patterns are known as attachment styles, and they shape how we connect, communicate, and cope with intimacy.

Learning your attachment style isn't just about putting a label on your behavior. It's about unlocking the why behind your emotional responses, boundaries, and needs. It's the first step toward breaking unhealthy cycles and building relationships that are truly nourishing.

Here's why it matters:

1. You become aware of your emotional triggers.

Do you shut down when things get hard? Cling when you feel uncertain? Recognizing your attachment style helps you understand where these reactions come from—and how to respond more intentionally.

2. You stop personalizing other people's behavior.

Instead of internalizing rejection or assuming you're "too much," you start seeing behavior through a more compassionate, informed lens. You realize: this might be their pattern, not your worth.

3. You learn what real safety feels like.

Secure attachment doesn't mean perfect—it means consistent, communicative, and kind. When you understand your own patterns, you can better identify what safety and reciprocity actually look like.

4. You build healthier, more conscious relationships.

You move from reacting out of fear to responding from a place of truth. You learn to ask for what you need. To regulate. To love with boundaries and clarity.

5. You empower your healing journey.

Attachment styles can change. You are not stuck in a cycle. With awareness, support, and emotional work, you can move toward secure connection—with others, and with yourself.

Understanding your attachment style isn't about self-blame—it's about self-awareness. And from that awareness, healing begins. 💞

Self-Discovery Worksheet

✨ Step 1: Self-Reflection

Which Attachment Style Sounds Most Like You?

Check all that apply.

☒ Secure Attachment

- ☐ I feel comfortable being close to others and also having space.
 - ☐ I communicate my needs directly.
 - ☐ I trust that others are reliable and well-intentioned.
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☒ Anxious (Preoccupied) Attachment

- ☐ I worry my partner will leave or stop loving me.
 - ☐ I often need reassurance that I'm loved.
 - ☐ I tend to overanalyze their words and behavior.
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☒ Avoidant (Dismissive) Attachment

- ☐ I pull away when things get too emotional or intense.
 - ☐ I prefer not to rely on others, even in close relationships.
 - ☐ I feel suffocated when someone wants to be too close.
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☒ Fearful-Avoidant (Disorganized) Attachment

- ☐ I crave closeness but feel scared when I get it.
 - ☐ I don't know if I can trust others to meet my needs.
 - ☐ I often push people away even when I want connection.
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✦ Step 2: Your Attachment Style in Action

Answer the prompts below.

1. When I feel ignored or rejected, I tend to:

2. When someone expresses their needs or emotions to me, I usually:

3. One recurring pattern I've noticed in my past relationships is:

4. A core belief I hold about love is:

✦ Step 3: Moving Toward Secure Attachment

Check the secure traits you'd like to strengthen.

- ☐ I want to communicate my needs clearly
- ☐ I want to trust others without fear of abandonment
- ☐ I want to be emotionally available in a healthy way
- ☐ I want to feel safe giving and receiving love

One thing I can do this week to move toward secure attachment is:

Final Affirmation

*"I am worthy of a love that is safe, honest, and emotionally nourishing.
I can heal and create secure, fulfilling connections."*