

Attachment Style + Type Integrated Typology

Attach style	Low anxiety, low avoidance	High anxiety, low avoidance	Low anxiety, high avoidance	High anxiety, high avoidance
Type	1, 3, 9w1	2, 4	5, 7	6, 8, 9w8
Focus of attention	1 – error 3 – success 9 - other people’s position	2 – other people’s needs 4 – what’s missing	5 – intrusion 7 – pleasant future options	6 – hazard 8 – power 9 – other people’s position
Blind Spot (excluded information)	1 - Shades of grey 3 - Failure 9 - Own agenda	2 - Own needs 4 - What’s good in present	5 - Existing abundance 7 - Actual limitations	6 - Actual power of authority 8 - Impact on others 9 - Own agenda
Relationship talent	1 - Dedicated to working to improve situation 3 - Optimism 9 - Aware of other’s position	2 - Aware of other’s needs 4 - Able to share intense emotions	5 - Aware of what other’s want 7 - Aware of creative solutions to problems	6 - Loyal 8 - Protective 9 - Aware of other’s position