

Attachment Style Overview - Secure

<u>Style</u>	<u>Strengths</u>	<u>Challenges</u>	<u>Supports</u>
Secure	<ul style="list-style-type: none"> ❖ <u>High self-esteem</u> ❖ <u>High trust in others</u> ❖ Able and willing to openly express positive and negative emotions ❖ Able to give the partner the benefit of the doubt ❖ Seeks out the partner for support when distressed ❖ Available to comfort and support partner when partner is ready ❖ Optimistic ❖ In 'comfort zone' with others ❖ Is confident ❖ <i>Don't misunderstand as much</i> ❖ <i>More comfortable with self and others / relationships</i> ❖ <i>Curious and meets more people</i> ❖ <i>Has appropriate boundaries</i> ❖ <i>Floats in the Green Zone regularly</i> 	<ul style="list-style-type: none"> ❖ Can be overconfident ❖ Might not really be in touch with others ❖ May have sympathy, but can lack empathy for others ❖ <i>Don't others who are not like them</i> ❖ <i>Easily separates and insulates themselves</i> ❖ <i>May not be as good in helping others in an emergency</i> ❖ <i>Can be rigid in thinking</i> ❖ <i>Can be very vulnerable</i> 	<p><u>Self-Practice</u></p> <ul style="list-style-type: none"> ❖ Associate with secure people ❖ Help others <p><u>Support by Others</u></p> <ul style="list-style-type: none"> ❖ Be willing to listen and talk ❖ Help when asked, otherwise let them be ❖ Do not take advantage of them ❖ Give reality checks with support

Attachment Style Overview – Fearful/Avoidant

<u>Style</u>	<u>Strengths</u>	<u>Challenges</u>	<u>Supports</u>
Fearful-Avoidant	<ul style="list-style-type: none"> ❖ Because of often being cautious, usually takes things slow with others ❖ Can have a healthy sense of interest about others ❖ Knows how to just “move on” ❖ Low expectations ❖ Few disappointments ❖ Avoids risks ❖ Knows when to stay silent ❖ Very aware of others - Is a student of people ❖ Is usually smarter than they think they are 	<ul style="list-style-type: none"> ❖ <u>Low self-esteem</u> ❖ <u>Low trust in others</u> ❖ Is disorganized in behaving with others ❖ Manage fears by avoiding intimacy ❖ Has difficulty being emotionally and physically close ❖ Holds in emotions and is reluctant to self-disclose ❖ Has difficulty believing that their partners care about them ❖ Does not seek support from their partners, or seeks it only to withdraw when it is offered ❖ May prefer to behave in a passive manner ❖ Has often been violated in love relationships ❖ Inconsistent with solutions and ideas ❖ Is afraid to do things ❖ Can be very impulsive ❖ Lacks an understanding of consequences ❖ Often frozen in thoughts and/or actions ❖ Unpredictable ❖ Often angry because needs are not met ❖ Goes “Red” (Hot temper) then flips to “Blue” (Moves away) ❖ Says or thinks, “I love you; I need you, I hate you” in a short amount of time. (Is inconsistent and unpredictable) ❖ Does not believe complements are real and gets uncomfortable from them ❖ Stays in “survival” mode ❖ Lacks trust ❖ Avoids any possible failure ❖ Often feels hopeless 	<p><u>Self-Practice</u></p> <ul style="list-style-type: none"> ❖ Associate with secure people ❖ Praise ❖ Consistency ❖ feeling important ❖ Being trusted ❖ Practice trusting ❖ Identifying the real problems and solutions ❖ Find a mentor ❖ Find good examples or “assets” ❖ Spend time knowing yourself ❖ Be curious to understand verses assume about others <p><u>Support by Others</u></p> <ul style="list-style-type: none"> ❖ Create settings for practicing problem solving ❖ Give the freedom to fail, trust, and learn ❖ Help practice ideas verses always seeking approval first ❖ Be careful of being “tipped over” verses being “Secure” ❖ Do not take comments personally. They are usually reflections of inner struggles and inadequacies within themselves ❖ Be dependable and consistent

Attachment Style Overview – Anxious/Preoccupied

<u>Style</u>	<u>Strengths</u>	<u>Challenges</u>	<u>Supports</u>
Anxious-Preoccupied	<ul style="list-style-type: none"> ❖ <u>High trust in others</u> ❖ Is organized in behaving with others ❖ <i>Vigilant</i> ❖ <i>Productive plans are made</i> ❖ <i>Observant and has a keen sense of situational awareness of others</i> ❖ <i>Is gifted in reading others</i> 	<ul style="list-style-type: none"> ❖ <u>Low self-esteem</u> ❖ Can seem very secure...with others ❖ Can have an intense need for support and affection from partner ❖ Can be vigilant and readily interpret partner's behaviors as a threat ❖ Can be demanding on partner for time and attention ❖ Can exhibit intense emotions ❖ <i>Persistent</i> ❖ <i>Reads others for selfish purposes / Manipulates</i> ❖ <i>Makes plans that are often not flexible</i> ❖ <i>Can be overbearing</i> ❖ <i>Not self-aware</i> ❖ <i>Lacks boundaries</i> ❖ <i>Assumes everything is their own fault and wants others to fix things</i> 	<p><u>Self-Practice</u></p> <ul style="list-style-type: none"> ❖ Associate with secure people <p><u>Support by Others</u></p> <ul style="list-style-type: none"> ❖ Give praise and sincere appreciation ❖ Be consistent in trust ❖ Help them feel important ❖ Be willing to listen and talk ❖ Be curious ❖ Allow them to make their own decisions ❖ Give support by looking and moving towards them ❖ Be empathetic ❖ Help when asked ❖ Be encouraging ❖ Give choices ❖ Be a “safe harbor”

Attachment Style Overview – Dismissive/Avoidant

<u>Style</u>	<u>Strengths</u>	<u>Challenges</u>	<u>Supports</u>
Dismissive-Avoidant	<ul style="list-style-type: none"> ❖ <u>High self-esteem</u> ❖ Loves to give to others ❖ Is organized in behaving with others ❖ <i>Can easily entertain self</i> ❖ <i>Strong sense of autonomy</i> ❖ <i>Competent in self</i> ❖ <i>Confident in self</i> ❖ <i>Observer</i> ❖ <i>Curious</i> ❖ <i>Safety first over attachments</i> ❖ <i>Looks secure</i> ❖ <i>Looks rational verses emotional</i> ❖ <i>Self regulates by observing and being curious</i> ❖ <i>Can be very generous</i> ❖ <i>Private</i> ❖ <i>Good and maintaining boundaries</i> 	<ul style="list-style-type: none"> ❖ <u>Low trust in others</u> ❖ Avoids being forced to give ❖ Can seem very secure... but in themselves ❖ Often may prefer not to seek support from partner ❖ May find it difficult to provide support especially when partner is anxious or needy and withdraw precisely when their partner needs him/her ❖ May often dismiss or minimize threats and hurts to self ❖ May often intellectualize and restrict emotions, focusing instead on tasks and/or activities ❖ <i>Self regulates and can cut off good feelings easily</i> ❖ <i>Safety is more important than attachments</i> ❖ <i>Does not stress as much if someone does or does not love them</i> ❖ <i>Can easily become distant – even if another does care</i> ❖ <i>Difficulty in sharing that they really do care (and not from afar)</i> ❖ <i>Generous until asked</i> ❖ <i>Can over commit</i> ❖ <i>Can be uncommunicative</i> ❖ <i>Difficulty in self-disclosing</i> ❖ <i>Avoids being seen as vulnerable and/or offensive</i> ❖ <i>Is very private</i> 	<p><i>Self-Practice</i></p> <ul style="list-style-type: none"> ❖ Associate with secure people ❖ Practice trusting ❖ Practice stepping back to see the bigger picture outside of themselves for the support of others ❖ Self-awareness ❖ Empathy ❖ Asking for help ❖ Not taking things personally ❖ Communication ❖ Sharing feelings ❖ Listening only <p><i>Support by Others</i></p> <ul style="list-style-type: none"> ❖ Give space and leave them time to think ❖ Do not try to talk them into things ❖ Be self-regulated with them ❖ Listen ❖ Be transparent ❖ Do not take advantage of them ❖ Avoid emotion, repeating issues ❖ Share honestly ❖ Use “I” statements ❖ Ask verses tell