

ATTACHMENT STYLES AND MONEY

ANXIOUS ATTACHMENT

Money brings up feelings of desperation. All of your decisions around money involve saving it or finding ways to make more of it. You think if you hit some imaginary goal, then you'll be happy and able to relax.

AVOIDANT RELATIONSHIP

You push your finances aside and refuse to deal with things like creating a budget, saving, or setting goals. Sometimes you look financially free but then you often seem to get yourself in financial pickles or do not make progress towards your financial goals.

SECURE RELATIONSHIP

You believe it's available when you need it, and you're open to seeing what it can do for you. Being generous with money feels natural and fun.

Your relationship with money might be a combination of two or even all three of the attachment styles. The important thing to think about is NOT which one are you, but how often and what circumstances create the state you are in.