

ATTACHMENT STYLES

ANXIOUS

Fear of uncertainty is the core experience of this attachment style. It's difficult to let go when you're separating, and it's difficult to be soothed when you're reuniting. No amount of affection feels like enough. You feel calm when you're close to someone. Others sometimes feel suffocated by you.

Subcategory: Anxious Avoidant

If you're anxious avoidant, you live in an ambivalent state. You're afraid to be too close or too distant from others. You flip back and forth between independence and dependence. You get angry when others don't help you, but you also tend to feel suffocated when someone is trying to meet your emotional needs. The people you want to be with are the same people you're frightened to be close to.

AVOIDANT

The avoidant attachment style is characterized by detachment. Though you can be charismatic and fun, you don't let people know what you actually need. You may take care of others, but it's hard for you to lean on them in any way. Your partners often feel like a relationship with you is one-sided.

Subcategory: Dismissive Avoidant

As a dismissive avoidant type, you sacrifice your internal life in order to function. You completely detach from what you need in order to take care of what everyone else needs, so you can't feel anything, even in a positive sense. You don't feel any distress at separation or joy at reunion. You minimize the importance of relationships.

SECURE

If you're secure in your attachments, you're capable of giving and receiving love. You don't have to sacrifice your needs for someone else; you're confident you can both get your needs met. Disagreements don't scare you; you know relationships can survive them. You're flexible in how you relate to people and you understand their perspective.