THE 4 ATTACHMENT STYLES
AND WHAT THEY MEAN FOR YOU
IDENTIFYING FEATURES
Secure Attachment Style comes from loving parents who made you feel safe, respected, and valued. They probably worked with you to solve problems and helped you understand how to get your needs met with cooperation and openness. You knew what to do and how to fit in because they guided you with patience and stayed consistent with their reasonable expectations.

Secure Attachment Style makes you feel:
- Safe
- Relaxed
- Loved
- Easily trusting
- Like others will act in good faith to help you

What does it look like?
People with secure attachment are often relaxed and happy. They don’t play games in relationships or resort to manipulations. In fact, they refuse to do those things and find them unsettling to even consider. They push for honesty and openness from others and offer it themselves. Their lives are usually lived toward goals that include a legacy and something optimistic they hope to achieve someday with the help of friends and family.

What to consider when fixing:
This style is the goal. Humans are meant to live with secure attachment, to feel safe and bonded, and believe those around them will act in good faith. Fixing attachment means resolving your fears and learning new behaviors that help you live more securely in your relationships, both inside and outside. With help, a person with other attachment styles can become securely attached.
Anxious Attachment Style

IDENTIFYING FEATURES
Anxious Attachment Style comes from parents who made you feel like you had to earn approval, either purposely or accidentally. They probably made you feel like you weren’t good enough through criticism, abandonment, or being emotionally unavailable. They may even have been anxious themselves and passed their worrying behavior onto you because you believed it was normal. The mistaken belief that causes it is that you are the problem in all your relationships and that no one can ever love you because there’s something wrong inside that you can never fix. You believe you have to earn approval from others so they don’t abandon you.

Anxious Attachment Style makes you feel:
- Unsafe
- Worried
- Unlovable
- Never trusting (of yourself)
- Like no one will act with good faith because they can’t accept you

What does it look like?
People with anxious attachment are usually nervous, stressed out, and constantly worrying about something. They may be a perfectionist obsessed with covering up the feeling of being a fraud. They fight to avoid being exposed as unlovable and unacceptable and may even experience panic attacks when it looks like others might discover something is wrong with them and abandon them for it.

What to consider when fixing:
Anxious attachment makes people believe they are the problem in their relationships. Fixing this is often as simple as exposing themselves to a few people they trust and testing reality against the mistaken belief. But opening up to others is the person’s greatest fear, so they have to overcome their own insecurities and fears before they can make the choice to reveal their fear to another person and receive acceptance. They also need to learn to respect themselves instead of people-pleasing so they can end their self-hatred and connect to others with confidence.
IDENTIFYING FEATURES
Avoidant Attachment Style comes from parents who acted upon you or hurt you with their behaviors. You may have grown resistant to others and now either withdraw from relationships so you can’t be acted upon again, or you act upon others by making them happy or unhappy in order to drive their behavior. All of this is done so you stay safe from intrusion by others you don’t believe you can ever trust.

Avoidant Attachment Style makes you feel:
- Evasive
- Suspicious
- Unloved
- Never trusting (of others)
- And like no one else will ever act in good faith

What does it look like?
People with avoidant attachment often stay back in their relationships to prevent emotional intimacy. That might mean they limit relationships to hookups. If they get married, they often hold back and try to please the other person without getting too emotional. They may push back if their partner tries to become emotionally intimate, and may shout or complain to inflict a small amount of pain and make the person back off. Their whole world is a system of acting upon others or being acted upon themselves, and they don’t know how to cooperate with people about feelings because they can’t trust others.

What to consider when fixing:
Avoidant attachment challenges a person’s ability to believe anyone outside of themselves can act with kindness or good faith. Fixing this usually means recognizing that their upbringing was not normal and that most people are not out to control or hurt them. It’s important to connect to healthy people who live by values and goals instead of feelings, so they can see people act with virtue and good faith. But they often struggle to connect to these people because they’re suspicious there must be an ulterior motive, so they need to spend time observing that person before they can open up. Healthy connections with others over a span of time are therefore crucial for beginning the fixing process.
IDENTIFYING FEATURES
Disorganized Attachment Style (also known in some texts as Anxious-Avoidant Style) comes from parents who were inconsistent and emotionally hurtful. The child learned that they’re going to be acted upon unkindly sometimes, while other times will bring warmth and love. The inconsistency makes them fearful and then resentful, and their fear leads them to people-please until that fails to work. Then they may switch to anger, running away, or manipulating others as they’ve been manipulated.

Disorganized Attachment Style makes you feel:
- Chaotic
- Scared
- Unloved and unlovable
- Never trusting (of yourself or others)
- And like no one will act in good faith, not even yourself

What does it look like?
People with disorganized attachment are often their own worst enemy. They complain about drama in relationships but can’t stop seeking it out because the chaos makes them feel engaged and familiar. They want approval from others but often sabotage themselves once things feel good because they expect rejection and abandonment. They run hot and then cold, back and forth, until no one knows what they want, not even themselves. No one suffers from the chaotic back and forth as much as the person themselves, and it makes them truly hate themselves for their own behaviors and mistakes.

What to consider when fixing:
Disorganized style brings a mountain of shame and unhappiness that a person has to deal with on their way to getting better. They want to trust others but can’t, and they also can’t trust themselves, which makes it hard to find a starting place. The key is to learn about attachment and how it works while also examining the childhood events that left them feeling chaotic and unlovable in the first place. Challenging these childhood beliefs can help the person find their starting point to repair their ability to connect with others.
WANT TO LEARN MORE ABOUT FIXING YOUR ATTACHMENT?

One of the best ways to overcome your attachment issues and relationship challenges is to connect with people who have faced what you’re experiencing. That is why I created my Discord group, Attachment Circle, where you will meet others you can relate to and learn from, including myself. The group runs 24/7 with members on multiple continents and we connect as a community twice a week for scheduled events.

Our members are improving their marriages, learning to find better dating partners, reconnecting with their teens and children, and growing in confidence together. We support each other through hard times and learn as a group what it takes to fix your attachment and build a better life.

AND WE WANT YOU TO JOIN US.

JOIN NOW

Disclaimer: This document is not intended as a diagnostic guide and was designed for educational purposes only.