MINDTHEORY

ATTACHMENT STYLES EXPLAINED

RELATIONSHIPS • SELF-AWARENESS

A visual guide to four common patterns of relating - and how security can be built over time.

01

SECURE



Comfort with closeness and independence

“I can rely on others without losing myself.”

TRUST • BALANCE • CONNECTION

02

ANXIOUS



Strong desire for reassurance and closeness

“I worry that connection could disappear.”

REASSURANCE • HYPERVIGILANCE • CLOSENESS

03

AVOIDANT



Self-reliance that can keep closeness at a distance

“I feel safest when I can handle things alone.”

SPACE • CONTROL • DISTANCE

04

FEARFUL-AVOIDANT



Push-pull between wanting connection and fearing it

“I want closeness - then I want out.”

CONFLICT • UNCERTAINTY • PUSH-PULL

THE ANXIOUS-AVOIDANT TRAP

One partner reaches for reassurance; the other pulls away. Each move can amplify the other.

CULTIVATING EARNED SECURITY

01 **NOTICE**
Name the trigger before reacting.

02 **REGULATE**
Slow the body; choose the next response.

03 **REPAIR**
Communicate clearly, then follow through consistently.