



ATTACHMENT STYLES





Secure

I TRUST

~56%
of
adults



self-image is
positive

easy to
connect with
others

not afraid of
intimacy and
sharing deep
thoughts

not feel
panicked when
their partner
needs space

can trust
others and be
trusted



Dismissive-Avoidant

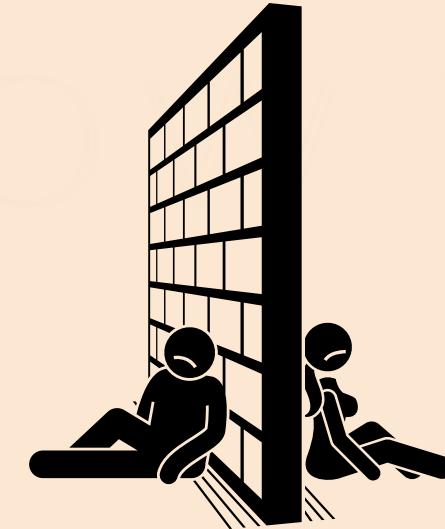
Don't come too close

~25%
of
adults



they have
strict
boundaries

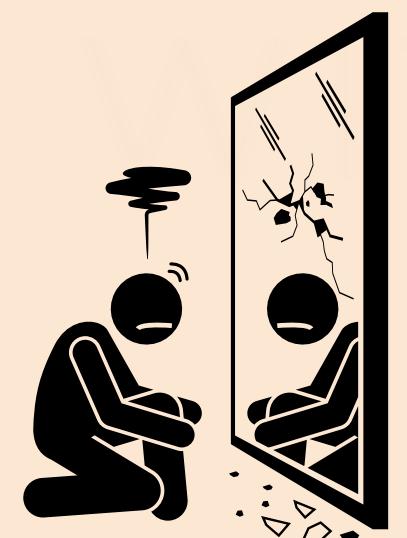
distant and
largely
emotionally
unavailable



have trouble
getting close
to others



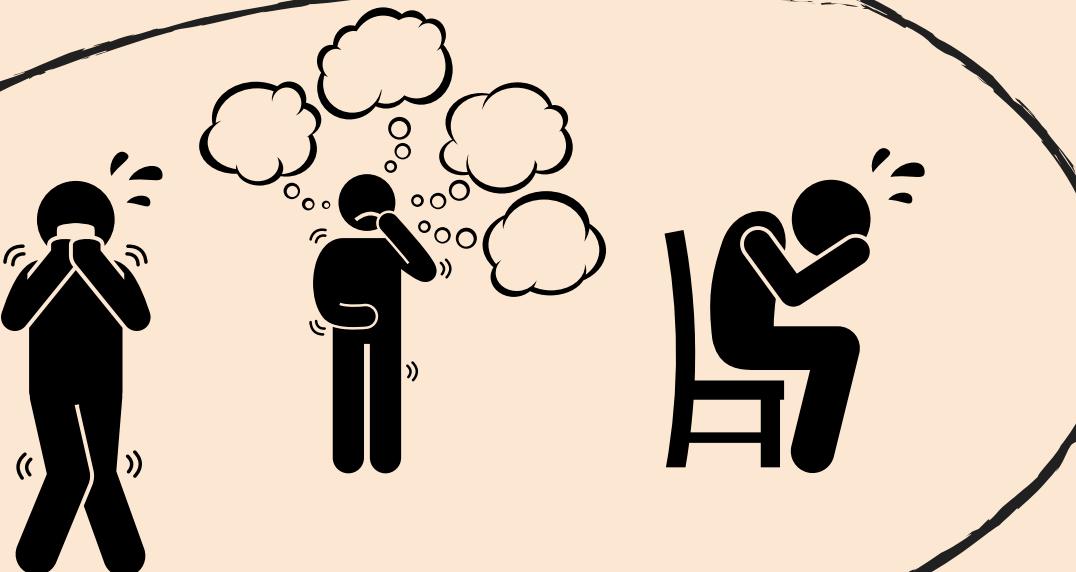
can find
relationships
suffocating



very negative
self-image

Anxious

DO YOU STILL LOVE ME?!



self-esteem
less positive

constantly feel
their partner
doesn't care
enough



a deep fear
of
abandonment



crave for
validation



clingy and
needy

Fearful-Avoidant

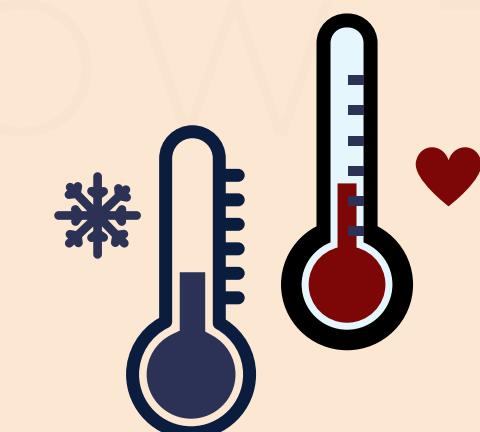
Hot and Cold Rollercoaster



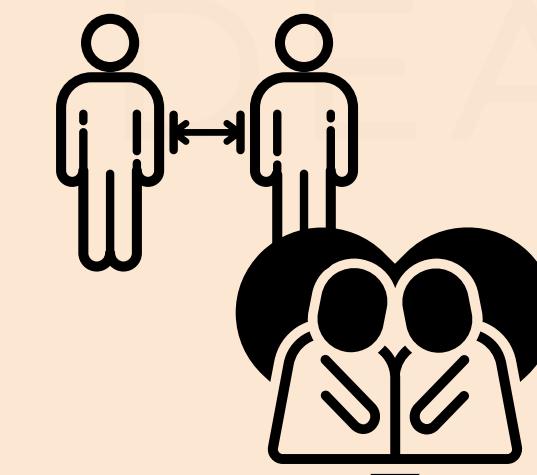
fluctuating
self-esteem



try not to
show their
true
emotions



one moment
warm and
caring, the next
moment cold
and indifferent



want
closeness
but crave for
space as
well



have trust
issues

References:

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