

ATTACHMENT STYLES





Secure

I TRUST

~56%
of
adults



self-image is
positive



easy to
connect with
others



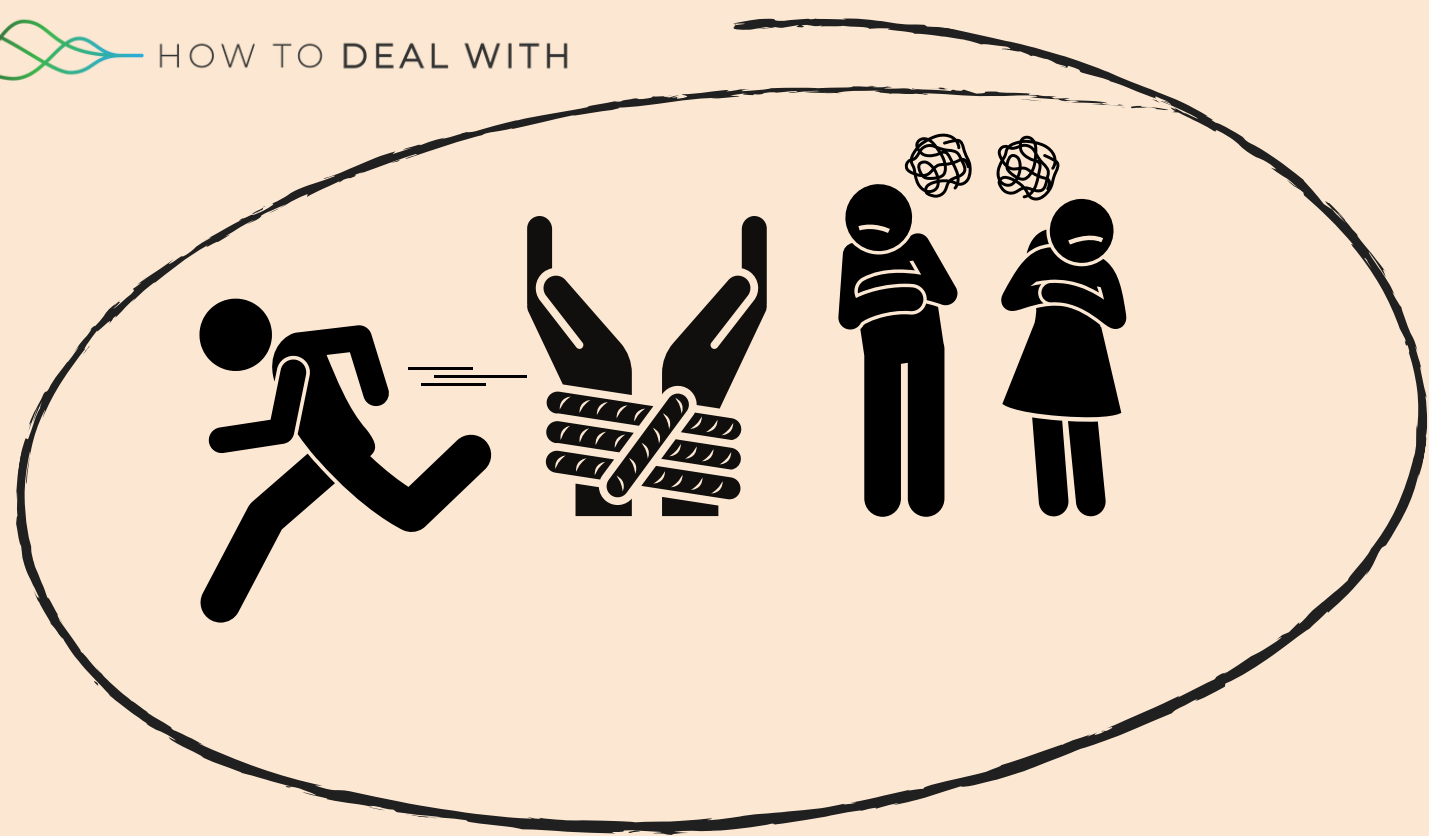
not afraid of
intimacy and
sharing deep
thoughts



not feel
panicked when
their partner
needs space



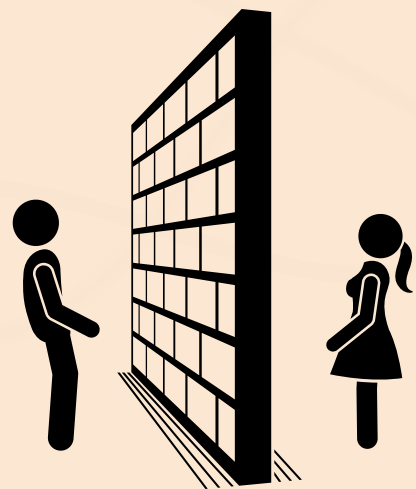
can trust
others and be
trusted



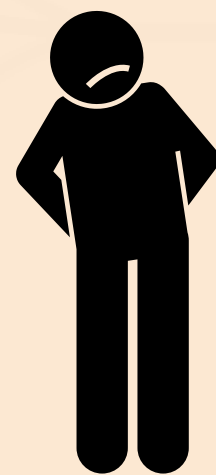
Dismissive-Avoidant

Don't come too close

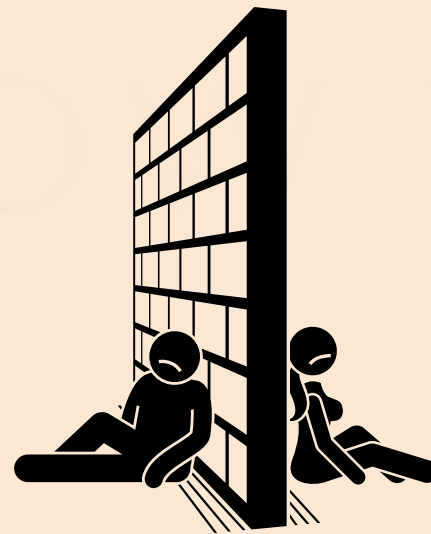
~25%
of
adults



they have
strict
boundaries



distant and
largely
emotionally
unavailable



have trouble
getting close
to others



can find
relationships
suffocating

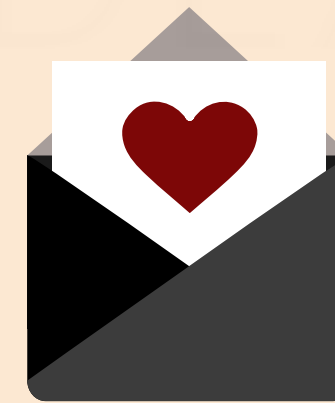
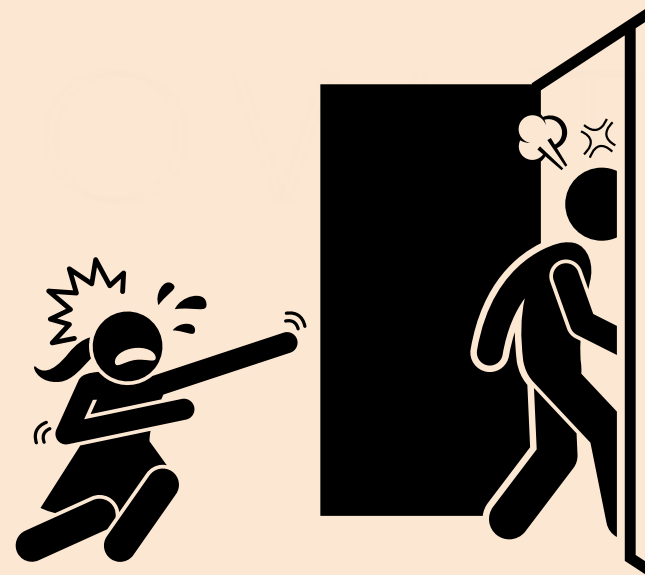
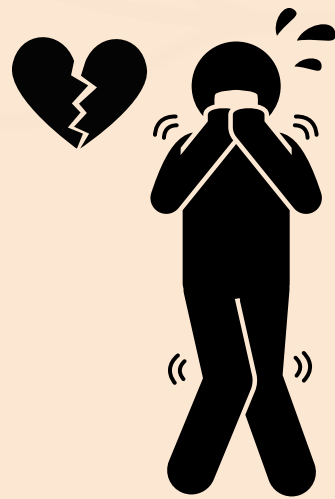
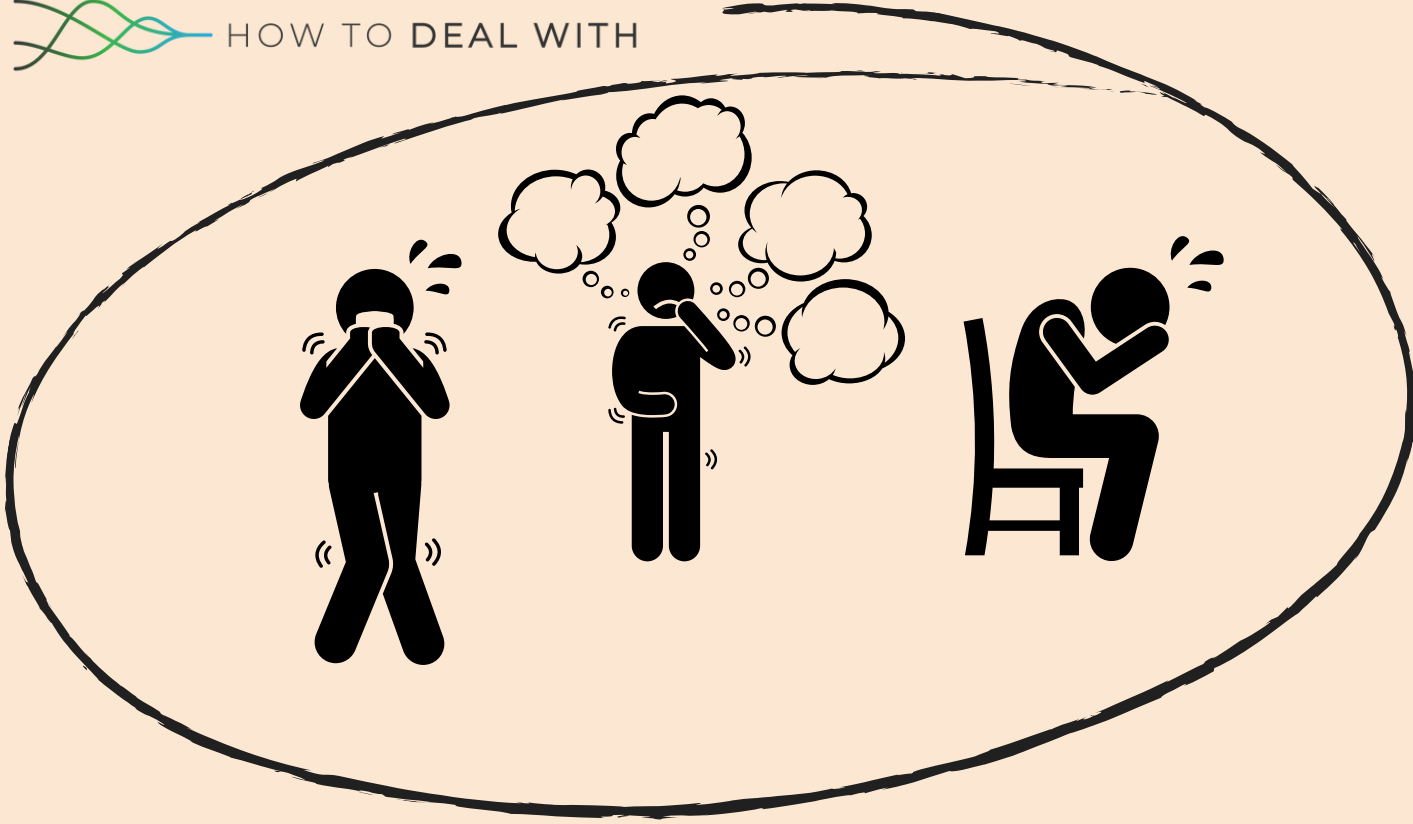


very negative
self-image

~19%
of
adults

Anxious

DO YOU STILL LOVE ME?!



self-esteem
less positive

constantly feel
their partner
doesn't care
enough

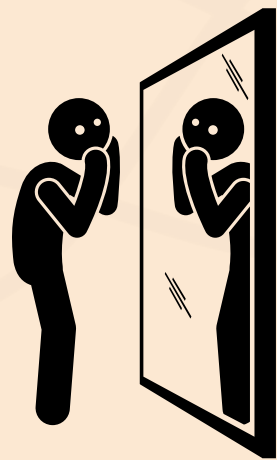
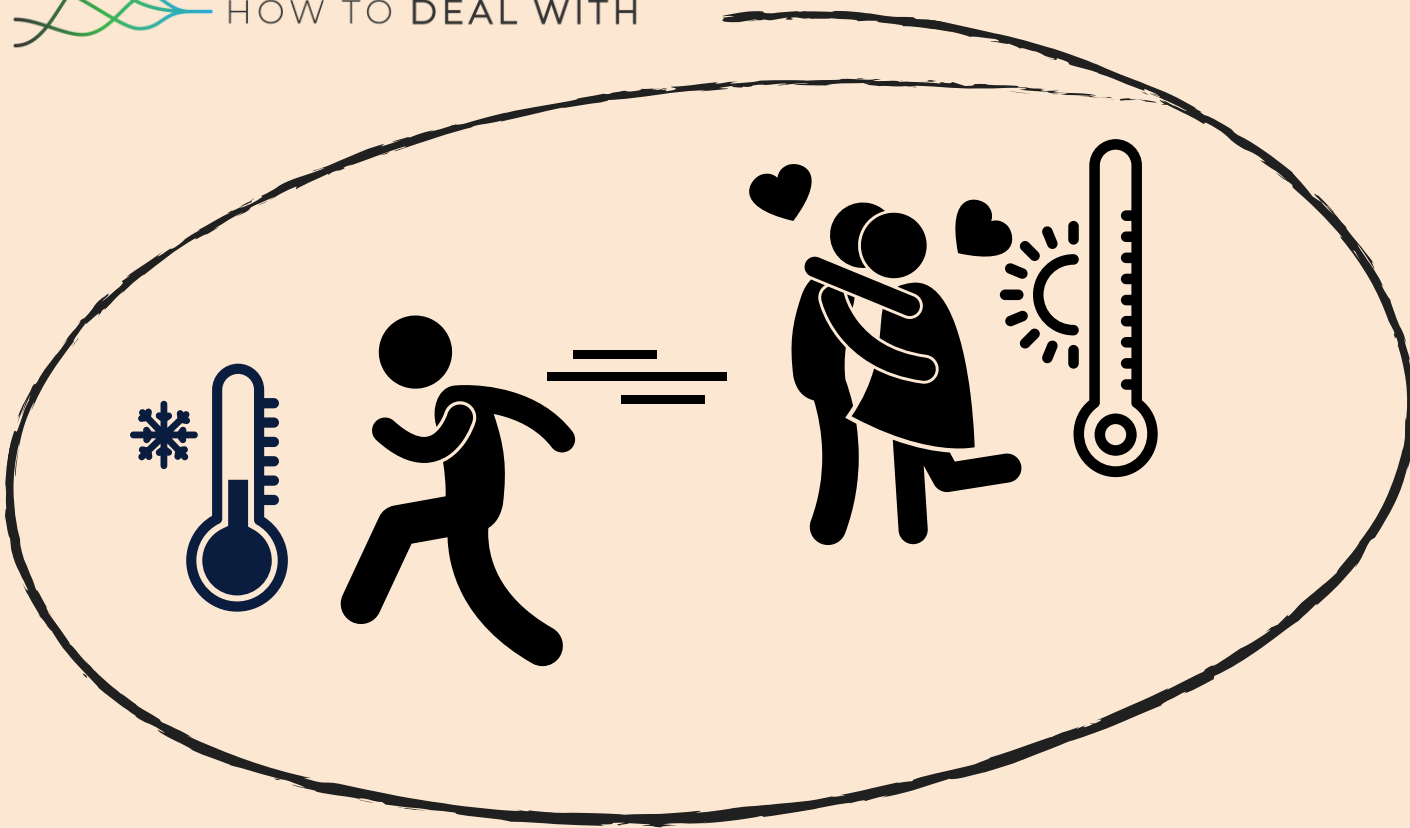
a deep fear
of
abandonment

crave for
validation

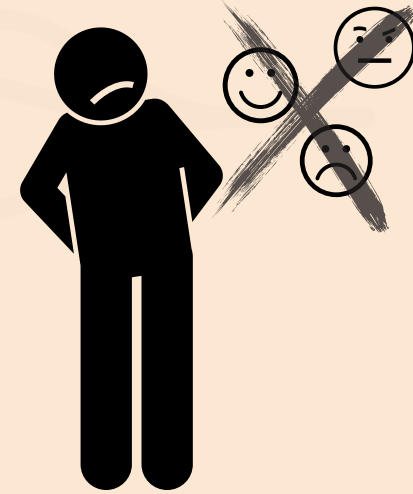
clingy and
needy

Fearful-Avoidant

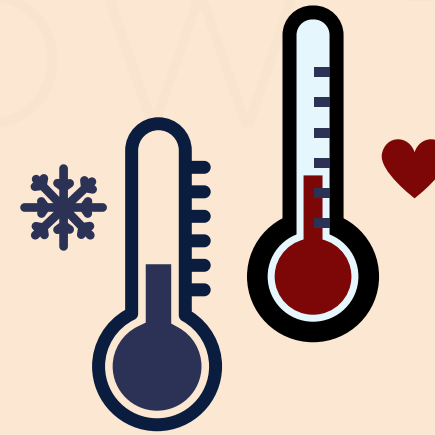
Hot and Cold Rollercoaster



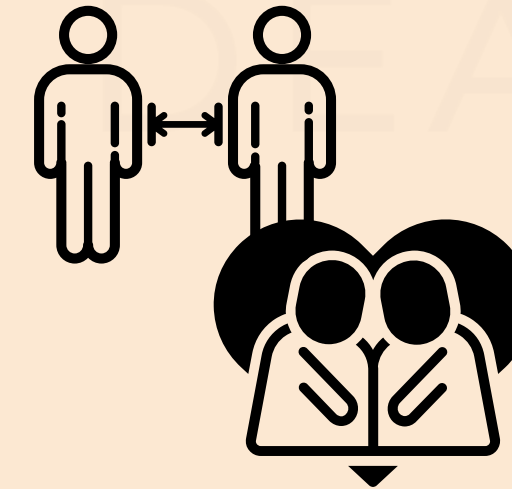
fluctuating
self-esteem



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:

Gonsalves, Kelly. (2021). What Is Your Attachment Style? Attachment Theory, Explained. Retrieved from: <https://www.mindbodygreen.com/articles/how-fearful-avoidant-attachment-style-affects-your-sex-life>

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