

Attachment Styles: The 4 Dimensions

Attachment style refers to the way individuals relate to others in intimate relationships. It is the pattern of behavior that a person develops in early childhood with their primary caregivers and continues to influence the relationships throughout their life. Attachment style is typically classified into four categories: Secure, anxious, avoidant, and disorganized. These categories are measured by the individual's tendencies of anxiety and avoidance in relationships.

