



Understanding Attachment Styles

Introduction

Our earliest relationships can influence how we connect with others throughout life. These four attachment styles are simply patterns that may help you understand yourself a little better. They are not labels or diagnoses, and many people recognise parts of more than one style.

The Four Attachment Styles

Attachment Style	Often Sounds Like...
Secure	I feel comfortable with closeness and independence.
Anxious	I worry people will leave or stop caring about me.
Avoidant	I protect myself by keeping some emotional distance.
Fearful-Avoidant	I want closeness, but I'm also afraid of getting hurt.

Gentle Reflection

- ☒ Which description feels most familiar?
- ☒ Which relationships help me feel safe?
- ☒ What's one small step I could take towards feeling more secure?

Gentle Reminder

Triggers are not weaknesses. They are often your mind and body trying to protect you based on past experiences. Becoming aware of them is an important step towards healing.

Need Extra Support?

If this worksheet brings up difficult emotions, pause and reach out to someone you trust or a qualified mental health professional.

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