

2-MINUTE TIP:

ATTACHMENT STYLES

How Your Earliest Bonds Shape Your Closest Relationships.

- Attachment is the emotional bond we form with our primary caregivers—and it lays the groundwork for how we connect with others as adults.
 - These bonds become our deepest expectations for how the world works, how our needs are met, what we mean to others and they to us.
 - There are four main adult attachment styles: Secure, Anxious, Avoidant, and Disorganized. Each shapes how we trust, connect, and handle closeness.
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- Securely attached people, 60% of people, tend to feel comfortable with intimacy and independence. They trust easily and handle conflict well.
 - Anxious individuals, about 18-20% of people, often fear rejection, crave closeness, and may feel overly sensitive to signs of distance or disconnection. That makes them quite anxious. They rely upon relationships to support self-worth and feel badly about themselves when they perceive a relationship is not secure.
 - Avoidant types pull away when things get too emotional. They may prize self-reliance and struggle to open up or depend on others.
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- About 1 in 20 has a disorganized style that has anxious and avoidant behaviors or unpredictable behaviors at different times in relationships.
 - Becoming aware of your style—through reflection, therapy, or feedback—can help you unlearn old patterns and build healthier, more secure connections. A secure relationship, s in therapy, can be corrective for insightful individuals who have anxious or avoidance patterns.

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