

## Attachment in romantic relationship

	Anxious	Avoidant	Secure
Traits	<ul style="list-style-type: none"> <li>• Wants a lot of closeness in relationship</li> <li>• Clings to relationship</li> <li>• Fearful of abandonment, worries about rejection</li> <li>• Overwhelmed by emotions</li> <li>• Mixed thoughts and feelings</li> <li>• Acts out</li> <li>• Preoccupied with relationship</li> <li>• Fears that small acts will ruin relationship</li> <li>• Believes they must work hard to keep partner's interest</li> <li>• Negative view of self</li> <li>• Positive, stable view of others</li> <li>• Unhappy when not in relationship</li> <li>• Often feels that 'I am not appreciated enough for trying so hard'</li> </ul>	<ul style="list-style-type: none"> <li>• Ends relationship too soon</li> <li>• Uncomfortable being emotionally close</li> <li>• Interacts on a surface level</li> <li>• Unaware of thoughts, feelings</li> <li>• Sends mixed signals</li> <li>• Emphasises boundaries in relationship</li> <li>• Has unrealistic romantic view of how a relationship should be</li> <li>• During disagreement needs to get away or 'explodes'</li> <li>• Does not make his/her intentions clear</li> <li>• Has difficulty talking about what is going on between you</li> <li>• Values his/her independence greatly</li> <li>• Mistrustful – fears being taken advantage of by partner</li> <li>• Devalues you or previous partners</li> <li>• Fear of rejection</li> </ul>	<ul style="list-style-type: none"> <li>• Can form relationship, but also comfortable alone</li> <li>• Can manage emotions</li> <li>• Can separate thoughts and feelings</li> <li>• Reliable and consistent</li> <li>• Flexible view of relationship</li> <li>• Not afraid of commitment, dependency</li> <li>• Does not view a relationship as really hard work</li> <li>• Closeness creates further closeness</li> </ul>

	Anxious	Avoidant	Secure
Behaviours that get in the way of healthy relationship	<ul style="list-style-type: none"> <li>• Afraid to speak up for fear of creating distance or rejection</li> <li>• Fear of overwhelming others</li> <li>• Inability to identify and tune in to emotions</li> <li>• Making excuses for people's patterns of boundary-crossing</li> <li>• Letting a partner set the tone of the relationship</li> <li>• Trying hard to keep partner's attention and interest</li> <li>• Trying to make a partner 'happy all the time'</li> <li>• Protesting behaviours when feel distance (silent treatment, anger, holding grudges)</li> </ul>	<ul style="list-style-type: none"> <li>• Detached from their own emotions</li> <li>• Prevents conflicts or avoids them</li> <li>• Fears discussing emotions</li> <li>• Confuses fair standing up for oneself as rudeness</li> <li>• Has a rigid view of relationship and uncompromising rules – sets rigid boundaries</li> <li>• Confuses partners fair search for intimacy as crossing boundaries.</li> <li>• 'Lets things go' even when it bothers or hurt</li> </ul>	<ul style="list-style-type: none"> <li>• Makes decisions with their partner</li> <li>• Communicates relationship issues well</li> <li>• Naturally express feelings without a fear of being rejected for them</li> <li>• Does not play games</li> </ul> <p><b>At the same time:</b></p> <ul style="list-style-type: none"> <li>• May have difficulty identifying emotions</li> <li>• May lack confidence to be assertive or speak directly.</li> </ul>
Goals	<ul style="list-style-type: none"> <li>• Attachment self-awareness</li> <li>• Acknowledge the value of close relationships &amp; interdependence</li> <li>• Connect to emotions</li> <li>• Identify feelings, thoughts, needs and wants</li> <li>• Develop communication skills: ability to express needs and wishes, set boundaries.</li> </ul>	<ul style="list-style-type: none"> <li>• Attachment self-awareness</li> <li>• Identifying needs, wishes, emotions, thoughts</li> <li>• Develop emotional management strategies</li> <li>• Develop communication skills</li> </ul>	<ul style="list-style-type: none"> <li>• Solidify assertiveness skills</li> <li>• Develop emotional vocabulary</li> </ul>