



Anxious attachment

how to move toward healthier relationships

What is **anxious** attachment?

Anxious attachment is a pattern of interacting with distrust and insecurity in relationships. It stems from getting inconsistent care from your main caregivers during childhood.

Signs of anxious attachment



Constant need for reassurance



Desire to please



Fear of rejection



Clinginess & boundary issues



Fear of being alone



Fear of infidelity

Moving toward **secure** attachment

Your attachment style isn't permanent—it's a reflection of learned behavior patterns. You can change those patterns and find new ways to connect. Here's where to start:

1

Increase awareness - Keep a record of how you interact in relationships, and look for patterns that are having a negative impact.

2

Use anxiety management skills - Explore strategies to help manage your anxiety, including meditation, yoga, and breath work.

3

Change the way you think about control - Remember that you can only control yourself, not others. Try to let go when you're not in charge.

4

Develop healthy relationship-building skills - Learn to build healthy connections - Allow trust to grow in your relationship by negotiating with the other person to find a place of compromise.