

Attachment Styles

Attachment System Organization	Attachment Style	Description
Organized	Secure	<p>People with secure attachment styles feel comfortable with intimacy and are able to form close relationships. They tend to trust others, feel safe to explore independence, and can effectively communicate their needs.</p>
Organized	Anxious-Preoccupied	<p>Individuals with an anxious-preoccupied style often seek closeness and approval from others, but may feel insecure about their relationships. They may worry about being abandoned or not being truly loved, leading to a desire for constant reassurance.</p>
Organized	Avoidant	<p>Those with dismissive-avoidant attachment styles tend to value independence and self-sufficiency over intimacy which they may feel is complicated and uncomfortable. They may suppress their feelings, avoid emotional closeness, and prefer not to rely on others or have others rely on them.</p>
Disorganized	Disorganized	<p>This style is considered disorganized as there is no organized system for attachments. Individuals with this attachment style often vacillate between anxious and avoidant behavior, abruptly and at times simultaneously displaying both types of attachment behaviors. This attachment style is experienced as chaotic and can be linked to trauma.</p>