

# Attachment Styles

<u>Secure</u>	<u>Anxious</u>	<u>Avoidant</u>	<u>Anxious-Avoidant</u>
Interdependent	Overdependent	Antidependent	Overdependent and antidependent simultaneously
My relational needs can and will be met by others	Others can meet my needs, but I don't know if they will choose to do so	No one will meet my relational needs, so why bother asking	I need others, but know they will hurt me
Expresses needs	Expresses needs with exaggerated distress	Suppresses needs	Terrified of having needs
Adaptively responds to change and is comfortable with connection	Experiences extreme distress on separation with angry protest on return	Focuses on tasks instead of connection	Seeks connection, but fears it