ADULTS & TEENS | EDUCATIONAL GUIDE

# Understanding Attachment and Relationships



## WHAT THIS IS

Attachment patterns form early and shape how we connect as adults. They are not fixed. Relationships and healing can change them.

## HOW TO USE IT

1. Read the four common patterns.
2. Notice which feel familiar, perhaps in different relationships.
3. Think about what helps you feel secure.

## EXAMPLE

*"I tend to pull away when things get close. Now I tell my partner, 'I need a little space, and I'm not going anywhere.'"*

### SECURE

**Looks like:** Comfortable with closeness and independence
**Often:** Trusting, communicates needs

### ANXIOUS

**Looks like:** Worries about being left or not enough
**Often:** Seeks reassurance, fears distance

### AVOIDANT

**Looks like:** Values independence, uneasy with closeness
**Often:** Withdraws when things get intense

### FEARFUL

**Looks like:** Wants closeness but fears getting hurt
**Often:** Mixed signals, pulls close then away

### Patterns I notice in my relationships

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### What helps me feel secure

- [ ] Clear communication
- [ ] Consistency
- [ ] Space and closeness
- [ ] Reassurance
- [ ] Honesty
- [ ] Repair after conflict

These are common patterns, not labels or diagnoses. Most people show different patterns in different relationships. Therapy can help you build more secure ways of connecting.

**Go at your own pace.** Skip anything that feels like too much, and stop any time. Trauma education and self-help materials are not a substitute for individualized trauma-informed care.

Educational self-help resource from Therapy with Sazzy, an initiative of Beyond Boundaries Consulting, LLC. It is not a diagnosis or a substitute for individualized professional care. In a crisis call or text 988, or call 911.