

Attachment Style Reflection

Understanding Your Patterns to Improve Communication and Build Safe Connections

Understanding Attachment Styles

Attachment styles are patterns in how we connect with others. These patterns often develop from early experiences and can influence how we communicate, trust, and set boundaries.

Common Styles:

- **Secure** – comfortable with closeness and independence.
- **Anxious** – seeks reassurance, fears rejection.
- **Avoidant** – values independence, may avoid closeness.
- **Disorganized** – mixed feelings, push-pull patterns.

Check-In With Yourself

In relationships, I often feel:

- Safe and balanced
- Worried about being rejected
- Uncomfortable with too much closeness
- Confused or mixed

One situation where this shows up:

My Patterns

I tend to:

- Seek reassurance or overthink
- Avoid expressing needs
- Pull away when things feel intense

- Feel balanced and open

What I notice about my reactions:

Communication Patterns

When I communicate, I usually:

- Express clearly
- Hold back my feelings
- React emotionally
- Avoid difficult conversations

One communication habit I want to improve:

Boundaries & Attachment

Setting boundaries feels:

- Easy and natural
- Uncomfortable but important
- Difficult or scary
- Confusing

One boundary I need to work on:

Triggers & Reactions

Things that trigger strong reactions in me:

How I usually respond:

Moving Toward Secure Patterns

One small step I can take:

- Communicate more clearly
- Pause before reacting
- Express a need honestly
- Respect my own boundaries
- Other: _____

My personal growth step:

Self-Support & Regulation

When I feel triggered, I can:

- Take deep breaths
- Ground myself
- Step away and pause
- Talk to someone safe

What helps me feel safe:

Reflection

- What did I learn about my attachment style?

- How does it affect my relationships?

- What does a secure connection look like for me?

Notes

Your attachment style is not your identity—it's a pattern you can understand and gently reshape with awareness and support.

“Awareness is the first step toward secure connection.”
