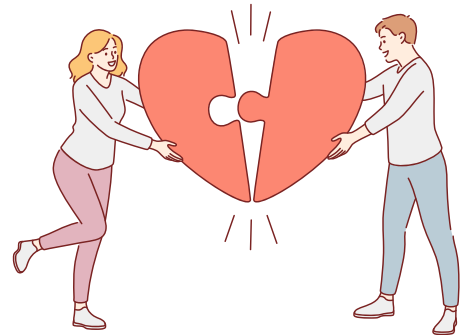


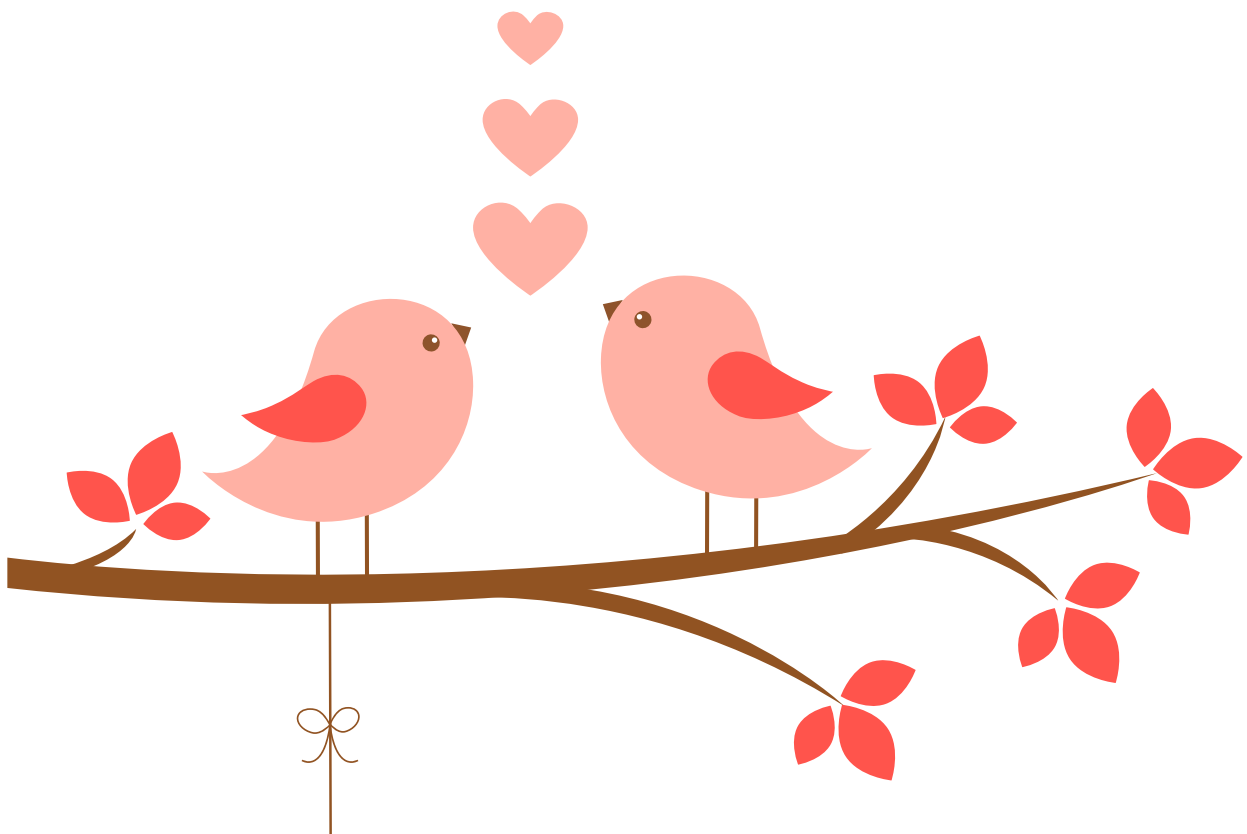
WHAT'S YOUR ATTACHMENT STYLE? (PART 2)

Identifying your attachment style is key to knowing how you have grown and developed since your childhood.

- It is like peering through a mirror that reflects the essence of your emotional experiences and how they colour your relationships.
- It gives you insights into your patterns of intimacy, communication, and emotional well-being.
- It tells you why you may sometimes feel dissatisfied in your relationships and how you can fulfill your needs.



In a nutshell, knowing your attachment style can help you draw a rough picture of how you respond to your relationships. And, understanding your style enables you to improve your relationships and emotional well-being.



Let's understand the four attachment styles in more detail:

Secure, Anxious-Preoccupied, Dismissive-Avoidant, and Fearful-Avoidant.

SECURE



- Communicate confidently
- Emotionally secure
- Trustful
- Form healthy boundaries
- Support loved ones

ANXIOUS-PREOCCUPIED:



- Crave closeness
- Need reassurance
- Feel insecure
- Fear rejection/ abandonment
- May feel unworthy of affection

DISMISSIVE-AVOIDANT:



- Prefer maintaining space
- Prioritise independence
- Avoid emotional intimacy
- Over self-reliant
- Avoid conflicts

FEARFUL-AVOIDANT:



- Fear abandonment
- Seeks + avoids intimacy
- Withdraws to avoid emotional pain
- Negative view of self + others
- Faces high insecurity

Now that you understand what each of these attachment styles mean, it's time to know your attachment style!

PS: Click on the link below to find out your attachment style, it's a comprehensive quiz that will help you understand more about your attachment style.

And once you've got your results from the quiz, don't forget to come back right here so you can [head to our next worksheet](#) to understand how your attachment style affects your relationships.

[Take the quiz to find out your attachment style here!](#)

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

