

HOW IS YOUR ATTACHMENT STYLE AFFECTING RELATIONSHIPS? (PART-3)

Imagine that you're a gardener with multiple beautiful flowers in your garden, and each flower represents your relationship. Just as a gardener takes care of their garden, you too should nurture and cultivate your relationships to blossom beautifully.



One important aspect of taking care of your garden of relationships is to understand your attachment style. **Your attachment style is the seed that shapes the way you connect with your loved ones and form emotional bonds with them.** This makes it essential to know how it is showing up in your relationship.

Think of your attachment style as the soil holding the roots of your relationship. Just like a soil provides necessary nutrients to a plant, your attachment style provides the necessary nutrients needed for your relationship to grow and stay stable.

And once you understand how your attachment style impacts your relationship, you can learn to craft your relationships in a way that they are secure, nourishing, and satisfying.

So let's take a step at understanding how your attachment styles is influencing your relationship. Take a moment to reflect on the following questions and write down your answers in the space given below!

• **What's your attachment style?**





- What are some **patterns or behaviours** that impact your communication in relationships? Do you tend to withdraw yourself and avoid vulnerability or reach out for reassurance and validation in your relationships?

- How does your attachment style affect your **feelings of safety and intimacy** in relationships? Are you able to freely express your emotions, or do you face a tough time with vulnerability



- How does your attachment style affect your **behaviour and feelings during disagreements?** Do you feel overwhelmed and anxious during conflicts and want to sort things out immediately, or do you avoid confrontation and shut yourself down?



- In what ways does your attachment style affect your **ability to trust others, be vulnerable or form deep emotional connections?** Do you find it easy or difficult to rely on others for support?





- How does your attachment style shape your **expectations in relationships?** Do you prefer independence and space, or need constant reassurance and crave closeness?

- How does your attachment style impact your **overall satisfaction in relationships?** Do you feel fulfilled and secure, or do you feel dissatisfied and insecure?





- **Think about your past relationships.** Are there any common patterns that you've noticed? For example, do you struggle to express yourself during conflicts or conversations?

- **Are there any insights you've gained after this reflection that align with how you perceive yourself?** For example, you may have realised that you find it difficult to create boundaries and that has hampered your relationship.



Reflecting on your attachment style is very important to help you become aware of your behaviour in relationships.



By understanding your attachment style and its effects on your relationship, you can learn to communicate with your loved ones more effectively. It can also help you support each other's needs, and navigate any challenges that come your way.

It's like discovering a cheat code that helps you both thrive!

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.

