

# Attachment

## High Avoidance

I am comfortable without close emotional relationships. It is very important to me to feel independent and self-sufficient, and I prefer not to depend on others or have others depend on me.

I am uncomfortable getting close to others. I want emotionally close relationships, but I find it difficult to trust others completely, or to depend on them. I worry that I will be hurt if I allow myself to become too close to others.

Low Anxiety

High Anxiety

Overt positive self view  
Denies feelings of distress  
Dismisses the importance of close relationships

Negative self view  
Lack of trust in others  
High level of distress

**Dismissive**

**Fearful**

**Secure**

**Preoccupied**

Positive thoughts of self and partner  
Believes that others are responsive  
Comfortable with autonomy and close relationships

Self-worth is dependent on gaining the approval and acceptance of others  
Thinks positively of others

It is easy for me to become emotionally close to others. I am comfortable depending on them and having them depend on me. I don't worry about being alone or having others not accept me.

I want to be completely emotionally intimate with others, but I often find that others are reluctant to get as close as I would like. I am uncomfortable being without close relationships, but I sometimes worry that others don't value me as much as I value them.

## Low Avoidance