

CHEAT SHEET
**CRACKING SOMEONE ELSE'S
ATTACHMENT STYLE**

AVOIDANT:

- Sends mixed signals
- Values their independence greatly
- Devalues you or your previous partner(s)
- Uses distancing strategies, emotional or physical
- Emphasizes boundaries in a relationship, but in the wrong way
- Has an unrealistic, romantic view of what the relationship should be
- Suspicious, fears being taken advantage of, or lied to
- Has a strict view of relationships and uncompromising rules of engagement
- During a disagreement needs to get away or explodes
- Won't make their intentions towards you clear
- Has difficulty talking about what's going on in their heart, or in the relationship

SECURE:

- Communicates relationship issues well
- Can compromise during arguments and owns their side of the street
- Not afraid of commitment or interdependency
- Doesn't view relationships as hard work
- Closeness creates even more closeness
- Introduces friends and family early on in a healthy way
- Naturally expresses feelings for you
- Reliable and consistent
- Wants to make decisions with you
- Is flexible in the relationship
- Doesn't play games

ANXIOUS:

- Plays games to keep your attention/interest
- Has difficulty explaining what's bothering them and expects you to already know
- Acts out when they're feeling insecure about your attention or affection
- Makes everything in the relationship about them
- Is preoccupied with where the relationship is going
- Expects you to set the pace of the relationship but gets upset when it doesn't get exclusive or intimate fast enough
- Seems preoccupied or obsessed with you
- Fears that small acts will ruin the relationship. Believes they must work hard to keep your interest.
- Suspicious that you will be unfaithful, or that you will find someone better than them.