

# What is your partner's attachment style?

Secure	Anxious	Avoidant
Reliable, consistent	Craves intimacy and closeness	Gives you mixed signals
Flexible in their approach to the relationship	Insecure about the relationship	Their independence is priority
Makes decisions with you	Plays games	Demands or devalues you
Communicates effectively	Expects you to just 'know' what is bothering them	Keeps you at a distance
Able to reach compromise during conflict	Has difficulty communicating wants and needs	Places importance on relationship boundaries
Not afraid of commitment	Acts out	Mistrustful, suspicious
Not territorial of their independence	Makes things about themselves in the relationship	Does not compromise
Does not avoid closeness and intimacy	Lets you set the tone of the relationship	Does not handle conflict well
Expresses their wants and needs	Is overly preoccupied with your relationship	Does not make their intentions clear
Does not play games	Doubts your fidelity	Has trouble talking about issues in relationship
Introduces you to friends and family	Believes they must work hard to keep your interest	Has an inflexible view of relationships
Does not think of relationship as a chore	Worries that small acts will damage the relationship	Uncomfortable with intimacy

Levine, A. and Heller, R. Attached. Bluebird 2010.

