# Attachment Style

The attachment styles featured here are based on the “attachment theory” introduced in the paper “The Nature of the Child’s Tie to His Mother,” published in 1958. John Bowlby, the author who was also a psychiatrist and psychoanalyst, laid its foundational concepts in the paper and later followed it up with a more thorough and refined discussion in his book titled “Attachment and Loss” in 1969.

Without delving much into the intricacies and technicalities of the subject, the attachment theory possesses the psychological and evolutionary framework governing human relationships. It mainly asserts that attachment styles develop as early as infancy based on the bonds between children and at least one of their parents or primary caregivers.

According to Bowlby’s work, there are four types of attachment styles: secure, anxious-preoccupied, dismissive-avoidant, and fearful-avoidant. Here’s a quick look at how these elements differ from one another.

## Secure Attachment

In terms of attachment styles, secure attachment is considered to be the “gold standard.” This type of attachment style is what everyone should ideally aspire for.

Securely attached people tend to radiate an aura of positivity. They are comfortable in most situations, more intimate, and can express themselves well because they trust and have a strong connection with their partners.

In addition, they can regulate their emotions and navigate conflict effectively.

## Anxious-Preoccupied Attachment

Individuals categorized under this attachment style lack self-esteem and crave intimacy. They need constant validation and reassurance because of their fear of abandonment, trust issues, and negative self-worth.

Moreover, anxious attachment manifests in unreasonable jealousy or possessiveness toward a partner. They likewise show over-dependency on a partner but have difficulty relying too much on them.

## Dismissive-Avoidant Attachment

People who seem emotionally detached and reserved fall under this classification. Due to their inherent nature, they mostly avoid emotional closeness and have difficulty forming close and long-term relationships.

They tend to rely only on themselves and keep things to themselves because they believe dependence on others comes with risks. It’s like they have built a wall around themselves to avoid the risk of eventual rejection, abandonment, or getting negatively judged.

## Fearful-Avoidant Attachment

Persons with this kind of trait are somewhat of a mixed bag. They exhibit conflicting emotions, often leading to anxiety and uncertainty in relationships.

This style could stem from a traumatic experience, especially during childhood. It could also relate to neglect or abuse in the past.

Fearful-avoidant individuals have a hard time dating and could have an averse response to intimacy. They usually cut off connections with people prematurely because they fear disappointment or getting hurt in the long run.