# ****Why is knowing about attachment important?****

## What Exactly Are Attachment Styles?

Attachment styles are behavioral patterns present in a relationship. They govern how you connect and influence others. These patterns dictate how you seek comfort, manage emotions, look for a partner, and generally bond with others.

Attachment styles are molded as early as childhood and could persist until adulthood. However, it could evolve or change over time depending on your experiences, and it reflects how you respond to various situations.

## Why Should You Care About Attachment Styles?

**Self-Awareness**

Your development begins with self-awareness. By knowing your attachment style, you can instantly identify your strengths and weaknesses, which you can use to your advantage in assessing your response opportunities and challenges.

**Understanding Needs**

**Each person responds differently to stimuli, thanks to their inherent attachment style. For instance, some tend to function better under pressure when alone, while others could address problems better through cooperation or dependency.**

**Improving Communication**

**Communication is essential in maintaining interpersonal relationships. Understanding your attachment style will help you make the most out of every situation, whether you want to persuade other people or impact their impression towards you.**

**Establishing Connections**

**Each attachment style determines your capability to create a more harmonious environment with your partners, friends, family, and peers.**

## ****How attachment styles affect your romantic relationships?****

**Attachment styles could be carried from childhood to adulthood. It influences how you choose your partner. In addition, it affects how you perceive intimacy, trust, closeness, confidence, and acceptance in your relationship.**

**Normally, people with secure attachment style are more likely to have healthier relationships. On the other hand, insecure attachment styles tend to suffer from trust issues, anxiety, low self-esteem, lack of empathy, fear of abandonment, or fear of rejection.**

**Mastering a positive attachment style will let you radiate a more vibrant aura, which can help you easily build better bonds and promote a more conducive ambiance with your partner.**

## ****How do attachment styles affect parenting?****

**Attachment style can also reflect in the way you handle parental responsibilities and home management. As mentioned earlier, attachment styles can develop as early as childhood.**

**It’s important that you and your partner should be consistent in adopting a securely attached lifestyle in raising your children. This way, they can develop better personalities that they will carry into adulthood.**

**Securely attached parents are more responsive to their children’s physiological and emotional needs. Meanwhile, anxious parents may be more controlling, dismissive, disorganized, or inconsistent with their decisions or in addressing their children’s needs.**

**Every child deserves a healthy, safe, and loving household. All these start with how you and your partner handle your attachment styles.**