

Attachment Compatibility Chart

Attachment compatibility gets written about as though it were blood typing, with pairs that match and pairs that do not. It is not that, and this chart says so before it says anything else. What a pairing predicts is the shape of the argument the two of you will keep having. It does not predict whether the relationship lasts. Two people in the worst-reputed pairing on this sheet can do perfectly well, and two secure partners can be miserable for reasons attachment has nothing to do with.

Who this is for: You know both styles in your relationship, you have read four contradictory articles about that combination, and you want the whole grid on one page instead.

The ten pairings

What is in each cell

The four things the chart says about every pairing.

Which of the four cells do I want to read first, and why?

The row I think is mine:

The row I think described my last relationship:

The three mismatched pairings

Anxious with avoidant, anxious with fearful-avoidant, avoidant with fearful-avoidant.

If one of these is my row, which cell was accurate and which was not?

What does our recurring argument actually get called between us?

What would the what-makes-it-work cell mean in practice this week?

The three matched pairings

Two anxious, two avoidant, two fearful-avoidant: rarely written about.

If we both do the same thing, what does nobody in this couple do?

What has quietly stopped happening between us in the last year?

Which of us raises things, and what happens when neither does?

The four secure pairings

Secure with each of the other three, and two secure partners.

If one of us is the steadier one, what is that costing them?

What am I quietly expecting a secure partner to absorb?

Which row would my partner say we are in?

Finding your own row

Three questions to ask once you have located it.

Does the argument cell match my last three disagreements? Where not?

Which cell in my row is plainly wrong about us?

What would I want to check before believing the row at all?

This worksheet is free to print, photocopy and share, including with clients. It is self-reflection material, not a diagnosis, an assessment or a substitute for professional support. If a relationship involves fear, control or coercion, or if working through this raises more than feels manageable, please speak to a doctor, a therapist or a domestic abuse service.