

Attachment Style Cheat Sheet

The 4 styles at a glance — signs, triggers, and healing tips

whatsmyattachmentstyle.com

■ Anxious (~20%)

Core fear: Abandonment

Signs: Needs constant reassurance, checks phone obsessively, fears rejection

Triggers: Delayed texts, partner needing space, uncertainty

Healing: Build self-soothing skills, challenge catastrophic thoughts

■ Avoidant (~25%)

Core fear: Engulfment / loss of independence

Signs: Pulls away when close, shuts down emotionally, values freedom above all

Triggers: Emotional conversations, partner expressing needs, commitment milestones

Healing: Practice vulnerability daily, stay present during discomfort

■ Fearful-Avoidant (~5%)

Core fear: Both abandonment AND engulfment

Signs: Push-pull cycle, hot and cold, contradictory feelings about partners

Triggers: Closeness exceeding tolerance, distance exceeding tolerance

Healing: Trauma-informed therapy, map the cycle, build safety in small doses

■ Secure (~50%)

Core fear: None dominant

Signs: Comfortable with closeness and space, communicates directly, trusts

Strengths: Emotional regulation, handles conflict calmly, models healthy love

Note: Even secure attachment has growth edges — stay self-aware