

Attachment Styles Chart (One Page, Printable)

Four styles described one after another in paragraphs is the format almost every explanation uses, and it is the wrong shape for the question people actually have. The question is comparative — how is this one different from that one — and comparison in prose forces you to hold three descriptions in your head while reading the fourth.

Who this is for: You keep re-reading four separate descriptions and losing track of which one you were comparing, or you want something a partner will actually look at.

The six rows

Row 1: The core fear

The one line that explains everything below it.

Which core fear do I recognise most, honestly?

When did I last act on it without noticing at the time?

Which fear does my partner appear to be solving for?

Are we solving for opposite fears with the same event?

Row 2: The tell

What each one looks like from the outside.

Which tell would someone else say describes me?

Does that match the column I picked in row 1?

What non-attachment explanation fits the same behaviour?

How would I tell those two apart?

Row 3: The conflict move

Where each one goes when a disagreement starts.

My move in the first two minutes of a disagreement:

Their move in the same two minutes:

Which of us escalates first, and what does the other do next?

What would slowing down look like for me, concretely?

Row 4: What it feels like inside

The gap between the behaviour and the experience.

What does my conflict move feel like from the inside?

What do I assume theirs feels like?

Have I ever asked?

What would change if their version were true?

Rows 5 and 6: What helps, and what makes it worse

The two rows people actually photograph.

One thing from the "what helps" column I could ask for by name:

One thing from "what makes it worse" I do without meaning to:

One thing I could stop doing this week:

When will I show them this chart, and which row first?

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.