

How does your childhood impact your current relationships?



~50% population has an insecure attachment style

Even if you feel your **primary base is secure**, you may still utilize **anxious and avoidant strategies** that inadvertently **impact** your relationship goals.

Underneath wounding, everyone desires to feel **close and connected**.



SECURE

- High self-esteem
- Feels safe when close or intimate
- Feels safe when apart
- Can easily move between being together or apart



ANXIOUS

- Overthinks interactions
- Thinks highly of the other person and negatively of themselves



AVOIDANT

- Values independence
- Thinks negatively of the other person and highly of themselves



DISORGANIZED

- Has mixed feelings and behaviors
- Had intense fear or confusion as an infant or young child

Did you know?

All that is necessary is...

38.8%

of your needs met as an infant to develop a **secure attachment**

Ways to **earn a secure attachment**:

1. Work with a **psychotherapist**.
2. Be in a relationship with a **secure and empathic partner**.
3. Pay attention to what **triggers** you. See if you can link it to a childhood story.
4. Understand your (unhelpful) story; you **can change** how you relate to it.
5. Watch your **body** for clues on your feelings, as it stores information your mind can't.

Relationships that commonly show **unresolved attachment strategies** are...

1. Romantic relationships
2. Strong friendships
3. Parental relationships
4. Professional relationships



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