

Four Patterns of Attachment in Adults

There are four patterns of attachment in adults: Secure, Preoccupied, Avoidant, and Dismissive.

Secure

Secure adults generally think positively of themselves and others, and are comfortable with intimacy and autonomy. They are emotionally mature and are comfortable with friendships and do not fear being close to others.

Preoccupied

Adults with preoccupied attachment typically hold others in a higher regard than themselves, are dependent on others and are overly concerned about abandonment by them. They have low self-esteem; feel jealous and desperate in relationships. They feel a lot of anxiety and anger over perceived abandonment but they keep their anger to themselves.

Avoidant

Avoidant adults seek intimacy but fear rejection and have difficulty trusting others. They blame others and tend to be shy, passive, and distant.

Dismissive

Dismissive adults think positively of themselves but tend to view others negatively. They seek a great deal of independence and seem to avoid attachment across the board. They see themselves as above it all, self-sufficient, invulnerable to emotions and not needing closeness. They suppress feelings, distance themselves by rejecting others and have a negative opinion about their partners.