

# What is your Attachment Style?

- Attachment style refers to the way an individual bond with others. It is formed between the age of 6 months to 2 years.
- In the year 1958, John Bowlby, a British Psychoanalyst who worked at a children's clinic proposed four basic types of attachment. Namely,
  - Secure attachment Style
  - Anxious Attachment Style
  - Dismissive-avoidant attachment
  - Fearful-avoidant attachment
- **Secure Attachment Style Qualities**
  - Positive view towards the world
  - These Individuals practice Honesty and Transparency
  - These individuals do not Bottle up their emotions
- **Anxious Attachment Style Qualities**
  - They always want to fill their emotional hole
  - They often bottles up their emotions
  - They can be impulsive at times
- **Avoidant-Dismissive Style Qualities**
  - They don't believe in relationships
  - They are extremely Self-reliant
  - They are emotionally quite distant
- **Avoidant-Fearful Style Qualities**
  - They fear rejection
  - They have low Self-esteem
  - Their relationships are quite dramatic

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