

# The Secure Attachment Style And Why It Matters



## What is a Secure Attachment Style?

Secure attachment describes a type of relationship bond that includes trust, comfort, psychological safety and emotional security in relationships.

## Why Does Attachment Style Matter?

It matters because it fosters healthy development, leading to increased self-esteem, stronger relationships, and greater resilience throughout life. Securely attached individuals are better equipped to manage emotions, form trusting connections, and navigate challenges with greater ease.

## What Are The Parts Of A Secure Attachment Style?

- Core Belief: Securely Attached people generally believe that others are trustworthy and that they themselves are worthy of love and care.
- Early Development: Secure attachment develops when children experience consistent and responsive caregiving, particularly during times of distress. Typically, this is before the age of 8.
- Signs of Secure Attachment: Securely Attached people are comfortable with closeness. They are comfortable with intimacy and vulnerability in relationships. Independence and self-reliance: The Securely Attached person is independent and self-reliant, not overly dependent on others for validation or support.

- Healthy boundaries: Respecting others boundaries and communicating their own needs effectively is a cornerstone behavior of someone who is Securely Attached in relationships.
- Emotional regulation: Secure Attachment allows someone to manage their emotions in healthy ways, use healthy coping strategies and seek support when needed.
- Trust and reliability: Someone with a Secure Attachment Style is trustworthy and reliable in their romantic and platonic relationships.

## Why Does Secure Attachment Matter?

Stronger Relationships: Secure Attachment supports healthier and more fulfilling relationships, with family, friends, coworkers, and intimate partners.

Higher Self-Esteem: Someone who is Securely Attached will have a more positive self-image and higher self-esteem.

Increased Resilience: A bi-product of the Secure Attachment Style is resilience. That makes this person better able in coping with stress, adversity, and life's challenges.

Improved Emotional Health: Secure Attachment has also been linked to better emotional regulation and reduced risk of anxiety and depression disorders.

Positive Impact on Social Interactions: A Securely Attached person is often more empathetic, compassionate, and socially skilled.

Intergenerational Impact: A Secure Attachment Style can be genetic and be passed from parents to children, which creates a continuing cycle of healthy relationships.

*Having Secure Attachment allows a strong foundation for ensuring more fulfilling relationships, better management of stress and has a positive impact on many areas of life, including emotional, social, and psychological well-being.*

Attachment Styles determine how we show up in relationships and how we show up for ourselves, particularly in relation to self-narratives, coping strategies, and the way we communicate with others. Our levels of avoidance and anxiety experienced in relationships vary by Attachment Styles.

Here is a snapshot of the 4 Primary Attachment Styles:

<u>Styles</u>	<u>Characterized By</u>
1 Secure Attachment:	Low Anxiety, Low Avoidance
2 Dismissive Avoidant:	Low Anxiety, High Avoidance
3 Anxious Preoccupied:	High Anxiety, Low Avoidance
4 Fearful Avoidant/Disorganized:	High Anxiety, High Avoidance

Many aspects of life and experiences can impact and even alter our Attachment Styles. The Good News is that we can work to change our Attachment Styles and massively improve the quality of our relationships everywhere, especially with ourselves. The work we will do together and the tools we will use will serve you for a lifetime.

When you are ready to explore your own Attachment Style and what that means for your relationship health, let's talk! Click on the "Connect With Me" button on any page at: [www.noholdsbara'd.com](http://www.noholdsbara'd.com). I'm here~ for you~ And I can't wait to take the journey with you to deepen your connections and improve your relationships in every area of your life!

