

# Attachment Styles: A Quick Guide

The four patterns of how we connect, the signs of each, and what helps each grow more secure. Educational overview.

Attachment styles describe patterns in how we connect and rely on others, learned early and carried into adult relationships. They are a useful lens, not a fixed label, and they can shift toward secure over time with steady relationships and reflection.

Style	How it can show up	What tends to help
<b>Secure</b>	Comfortable with closeness and with independence. Can ask for support and give it. Recovers after conflict.	Keep doing what works, and offer others a steady, predictable base.
<b>Anxious</b>	Craves closeness, fears being left, reads silence as rejection, seeks reassurance.	Name the fear, soothe yourself before reacting, and choose people who are consistent.
<b>Avoidant</b>	Values independence, uneasy with too much closeness, pulls back under stress, plays down needs.	Notice the urge to withdraw, and let people in a little at a time rather than all or nothing.
<b>Disorganized</b>	Wants closeness and fears it at once, a push and pull, often after early relational hurt.	Steady, predictable relationships, and often support from a professional, help this settle.

Your style is not your destiny. Most people are a mix, and it can move toward secure. If patterns keep hurting your relationships, a therapist can help.

**Learn more:** [Attachment at shrinkdaily.com/concept/attachment](https://shrinkdaily.com/concept/attachment)