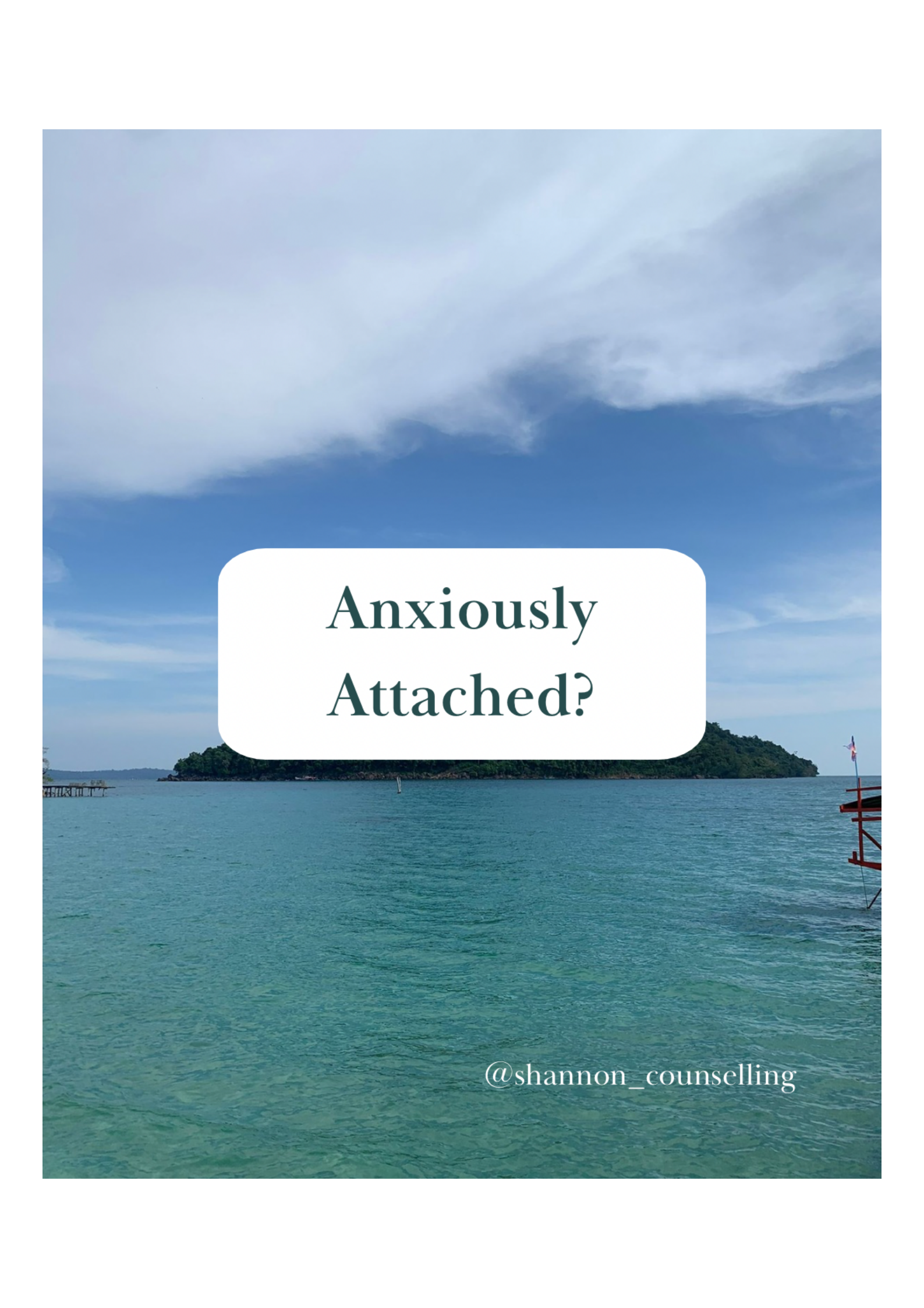




Anxiously Attached?

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What is Attachment Theory?

Attachment theory describes the blueprint we create in childhood to connect to our caregivers.

Babies and children **NEED** to find ways to connect to their caregivers to stay alive! It's literally a survival instinct.



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Your attachment style can change
and develop with age, with
different people, and with
different life experiences.

The main 3 attachment styles you
may hear of are:

1. Secure
2. Anxious
3. Avoidant.



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If you have a *secure attachment*, you feel pretty comfortable and confident in relationships with people.

There's a fine balance of allowing intimacy and allowing space. You're able to say no confidently, and also be vulnerable confidently. You generally feel that people are safe and reliable.



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If you have an *anxious attachment*, you have a deep need for connection and intimacy, but generally feel that people aren't trustworthy or reliable.

People leave, and they don't come back. It is very difficult to regulate yourself or your emotions when you're alone.

Relationships can feel like an exhausting marathon, never being sure if or when someone will decide they're going to leave you, making it hard to fully trust in relationships.



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If you have an anxious attachment style, you may find that you become easily triggered or overwhelmed by 'normal' behaviour in relationships. You might even be unsure why you're triggered.

Swipe for some examples of anxious attachment triggers.



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1. *“They haven't text me back in 2 hours. I don't want to keep sending texts but I feel compelled to. I can't feel calm until they respond.”*
2. *“They say they've had a difficult day and have asked for a night alone to focus on self-care. Is this an excuse because they want to break up with me? I can't focus until I get clarification that they still want to be with me”*
3. *“I'm upset with my partner. I don't know how to communicate this because I'm scared any conflict will result in rejection. I'm going to give them the silent treatment until they figure out something is wrong.”*



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Triggers put pressure and strain on
your relationships as well as your
mental health and well-being.

Your triggers *aren't* your fault! But it
is your responsibility to learn to how
manage them because you deserve to
have happy and healthy
relationships!



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Tips for navigating anxious attachment triggers

1.

In moments when you're feeling triggered or overwhelmed, *pause*, take a deep breath, do some light stretches.

Try and move the emotion through your body and connect to yourself. You're allowed to give yourself some time and space.



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Tips for navigating anxious attachment triggers

2.

If the feelings are still present, journal what's coming up for you either in a notebook or in the notes app on your phone. Getting it out of your head and onto paper/a device can help you think clearer.



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Tips for navigating anxious attachment triggers

3.

If your feelings are still present after this, give yourself 30 minutes before you react. Check that's definitely how you feel and not your anxious attachment showing up.

During this time, practice self-compassion. The *last* thing you need to be battling on top of this is your inner critic!



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Make this a routine and a ritual to help you understand yourself and your triggers better.

Over time, and with practice, you can learn to manage your anxious attachment triggers and move yourself to a place where you are more securely attached. It takes work, but it's definitely possible ✨

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