

### Attachment Styles

- Different styles can affect the way we feel about ourselves and our relationship with God.
- Effects everything we give and how we receive.
- We either internalize it and blame ourselves or externalize it and blame others.

<b>Fearful Avoidant</b>	<b>Anxious Preoccupied</b>	<b>Dismissive Avoidant</b>	<b>Secure</b>
Hyper vigilant, never know what you're going to get.	Constantly afraid you're going to lose the relationships you have.	Fear of commitment	Effectively communicate in relationships
Smart, manipulative, always trying to be one step ahead of you.	Insecure, needy, feelings of, "I'm always alone". Low self esteem.	I can do bad by myself, tough guy persona.	Can open up to feeling vulnerable in relationships
One day super close to you and tell you some deep things, next day won't even call you	Need a lot of love, have to keep giving them love.	Looking like they don't need anyone, <u>Yet feel broken</u>	

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