

Secure vs. Insecure Approach to Making Decisions in Relationships

Attachment styles are established in childhood and refer to how people think about and behave in their close relationships throughout life.

Avoidant, anxious, and disorganized attachment styles fall under the umbrella of insecure attachment.

There are 4 main attachment styles:

- Secure
- Avoidant
- Anxious
- Disorganized



Adults with a **secure attachment** have the ability to regulate their emotions, are confident with their interactions with others, can handle and resolve conflicts, and have no problem building long-term relationships without fear of abandonment.



And those who have an **insecure attachment** tend to distrust or worry about their bond with others, struggle to regulate their emotions and feelings, and are uncomfortable with conflict.

This exercise can give you an opportunity to choose a specific decision that you've made within your relationship and explore your reactions and the reasons for making this decision based on a secure attachment or insecure attachment.

Reflect on a difficult situation in your relationship when you were left feeling hurt, anxious, insecure, angry, etc. Now think about what you did in response to those difficult, painful emotions. Did you try to avoid them or avoid the person? Did you shut down? Did you lash out? Write about your behavior.

Now think about why you responded that way. What were you thinking and feeling? How did your reaction help or hurt the situation? How did it make you feel better, or worse? Write this down.

Now think of an alternative response. If this situation were to happen again, how might you respond differently? How do you think that would feel? Write your thoughts and feelings.
