

# Attachment Strategy Comparison Chart

<i>Attachment Strategy</i>	<i>what drives you</i>	<i>push-pull behaviors</i>	<i>what works</i>	<i>communication</i>	<i>pursue safety</i>	<i>fears</i>	<i>manage conflict</i>	<i>strategy</i>	<i>overuse</i>	<i>creating pressure on yourself</i>	<i>at work</i>	<i>faceplants</i>	<i>antidote</i>
<b>Anxious</b>	Pleasing most people or making sure most people are okay with you, not angry or upset with you. Giving to others. You are a "people-person."	Pulling most others closer into you. Bending yourself into a pretzel to make the relationship work. Not making demands of others in relationships.	People really like you. You are a good person and a good friend. You put yourself out to help others achieve what is important to them.	Some talk a lot and try to keep the conversation from ending. Feedback on your performance gets converted into "they like me" or "they don't like me." You are not direct enough about what you need for yourself.	You pursue safety through emotional closeness and pleasing others. Doing for others, and feeling liked and loved as a result, feels safe. Not having anyone mad at you also feels safe.	Not pleasing, not being liked, not being accepted, or hurting someone. For some, feeling that others are mad at them.	You do what you can to avoid creating conflict. You will give in, become flexible, maybe too much so, if a conflict might arise, or if it does arise.	Trying to please. Keeping it all inside so as not to create conflict. Bending and flexing to what others want. You don't want to let yourself really feel anger or resentment.	Being a nice or a good person without balancing it with assertion of your own wants & needs. Giving or flexing too much. You are too harsh on yourself regarding yourself and your work.	You are too sensitive to your internal criticism and fears. These create anxiety, sometimes terror. You second-guess what happens and what it really means whether people like you. You do for others, then do more and more, trying too hard, yet never feeling it's enough.	You work very hard at tasks assigned to you. You may take on too much, so everything might not get done, because you have difficulty saying no. You are strongly engaged. Often, you do not speak up. You do not like conflict with peers or managers. Some have difficulty making decisions independently.	Losing yourself while taking care of others. Trying to please too many people. Taking on too much. Not saying what you really need. Setting up situations in which you feel others took advantage of you, because of all you do to please others. Not having the courage to change. Responding to your fears, rather than facing them.	Trust less the feelings of not pleasing and trust more the feelings of assertion. Become more direct in asking for what you need. Set better boundaries in working hard to make your relationships work. Evaluate yourself less harshly. Stop second-guessing yourself or worrying about others' feelings about you. Manage conflicts better. Regarding pleasing or being sensitive, note how others differ from you.
<b>Mixed Anxious</b>	Not being rejected and gaining acceptance from others to whom you are emotionally-vulnerable. A need for closeness and, often, achievement, for which you push.	Pulling by doing for others or trying to be accepted, but some push is created when you ask for too much closeness or acceptance from others, so much so that you create distance or reject them. You can respond angrily or withdraw when your expectations are not met.	People appreciate you as a good person and a good friend. You are willing to put yourself out to help others. You can get very involved in efforts to improve things at home or at work. You do not want to hurt others.	You try to keep the conversation going with emotionally-important others. When you feel vulnerable, you may not be direct enough. When you are upset, or are very focused on a task, you can be very direct. There are mixed communications regarding wants & needs and anger or hurt.	You seek safety through emotional closeness with important others. Being loved or feeling accepted, or not rejected, feels safe. Achievement is safe. Safety comes when people like you, are accepting you, and are pleased with you.	Important others' rejection of you or your work (it often feels the same.) You do not want to hurt others emotionally. Many fear they or their work are viewed as not good enough.	You minimize conflict with important others. When you feel rejected, criticized, or relationship expectations are not met, however, you may create conflict.	Trying to gain acceptance or not be rejected from those emotionally-important to you. This may take the form of over-investing in a relationship or in your work product.	Seeking acceptance or warding-off rejection without balancing assertion of your wants and needs. Too often, you feel hurt.	Frequently, you harshly evaluate yourself and/or your work. You are too sensitive to your internal criticisms and fears and also to others' evaluation of you, creating anxiety. With some, this anxiety may become terror. You do more and more to make people accept you, not reject you, or to achieve your goals, but you can feel it's never enough.	You do not want to be rejected, but most can also make hard decisions and take-on tasks. Everything may not get done because you have difficulty saying no. Many are strongly focused at work and willing to speak-up about what engages them. You often second-guess yourself or are too sensitive to others' behavior toward you or to their evaluation of your work.	Losing yourself and, sometimes, important others, while trying to gain acceptance from those with whom you are also emotionally-involved. Taking on too much. Setting-up situations in which you are resentful because of all your efforts to be accepted. Not feeling so creates moods and outcomes that are familiar. Pushing others too hard to give you what you so strongly feel you need. Becoming critical when hurt. Not communicating what you really need. Not setting boundaries on actions when you feel resentful or hurt.	Trust less the feelings of rejection, trust more the feelings of assertion. Set boundaries on anxiety when you feel needy or rejected. Evaluate your actions and thoughts less harshly. Don't second-guess yourself or over-interpret others' feelings about you. Because you are so giving, recognize that others are different and respond differently than you do. Manage conflicts better by being clear about what you need, and learn to live with what you get.

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<b>Mixed</b>	You very often push for control or power. Some want to be very loved, or very admired, without being emotionally-vulnerable. You can be demanding in what you want from yourself and others. Some have big ideas and real creativity.	Push-pull behaviors around demands and expectations being met and your response when they are or are not. People have strong feelings about you. People can be attracted to you physically or by your goals, but many are less-attracted by how you attain your goals.	You can be loved and/or admired due to physical attraction or achievement. How you respond when your expectations and demands are met, or when you are trying to have them met, can be appealing. Many successful and important people manage their attachments in a similar way.	You send mixed messages, which often confuses others and makes them feel like they're "walking on eggshells" when interacting with you. Many too easily devalue others' contributions and overvalue their own when communicating. It's too often all about you.	You pursue safety through control, power, and demands. Some seek excessive acceptance, admiration or love. Some seek excessive achievement. For some, perfect love or perfect achievement feels safe.	Being controlled or losing power, or not being loved or admired in the way you imagine. More emotionally, and generally beneath complete consciousness, there are fears of unimportance, betrayal, abandonment and shame.	You create conflict in yourself and others through mixed messages. Some create conflict to gain control, power, or distance. None really manage conflict well, though some may placate others well.	Pushing for, sometimes demanding, what you want. Seeking or maintaining power, control, and often larger-than-life, or your particular version of love or admiration.	Some are overly-emotional and impulsive. Some are very rigid. Some may respond either way at different times. Many overuse an external way of self-regulation, including work, sex, or substances.	Your expectations or demands create uncomfortable emotions within you and others, including rage, depression and/or elation, and feelings of great worthiness or unworthiness. Most can be hypercritical.	Many are very success-driven, and require high evaluations of their efforts. Some always have a new idea. You are sometimes engaged and, at other times, disengaged. You often do not understand the true effect of your actions on others, or on yourself.	Some are run by moods and impulses, others are rigid. All are run by powerful expectations. Many create drama. Big ideas may bring big success or may blow up. Many are intrusive. Most undervalue others and overvalue themselves, at least on the surface, but feel quite the opposite internally.	Trust less overvaluation of yourself and the devaluation of others, trust more empathy for yourself and for others. Send fewer mixed messages. Trust more your vulnerability, even dependency, and trust less the fear of closeness. Trade power for love and forego being placed on a pedestal for true admiration.
<b>Mixed Avoidant</b>	Not being emotionally-vulnerable. Being in-control, certainly of yourself, if not others. Expectations of how you and others should perform drives you.	Push-pull. Wanting to be in a relationship but not allowing yourself to be emotionally-vulnerable. Sometimes actively pushing by being controlling, setting expectations & criticizing, and by being emotionally-unavailable. Wanting to help, but giving advice you expect to be followed vs. responding to the emotional problem.	People can like and admire you. You are generally dependable, hard-working, and a strong achiever. For most, your work ethic is very good. You excel at managing tasks that require emotional control or organization. Many are very compassionate toward others and want to help. Most are very responsible, sometimes to a fault.	You don't make a full effort to keep communication going unless you are trying to achieve something or want to talk about a subject important to you. You can be very direct, both with yourself and also with others, when stating performance goals to be met or when you feel standards are not up to your expectations. It's difficult to be emotionally-vulnerable when communicating.	Control of emotions and situations, often creating emotional distance, feels safe. Not being emotionally-vulnerable feels safe. Staying busy with tasks, especially, for some, by organizing, keeping things clean, even spotless, feels safe.	You fear emotional vulnerability, and loss of control. Some fear that their work will not be seen as good enough. Some also fear losing control if they allow themselves to become too emotionally-available.	Often, you create conflict or are critical, or set conditions to be met to create the distance that keeps you invulnerable. Your expectations of yourself and others create conflicts, both internally and with others.	Staying in control, keeping things organized, and, for many, staying very busy. Often, wanting to do things perfectly, have others follow your good advice, or push others to work as hard as some of you do.	Staying busy and setting up expectations and boundaries. Many overuse frustration and anger when expectations are not met.	You can be harsh in how you evaluate your performance and often have expectations around that. Many have "shoulds" and "oughts" that are never quite fulfilled, creating frustration. You try to gain more control over what involves you, so you'll feel less vulnerable.	You want to work according to your standards which, for some, means perfectly. You are engaged in what interests you. You have strong boundaries and are sometimes stubborn. Some speak up and can be very opinionated. Often, you second-guess yourself and criticize others.	Losing yourself while doing it all perfectly, being responsible, or maintaining control. Not being emotionally-vulnerable when the time is right. Not setting adequate boundaries on the things you do when you feel resentful or angry. Unknowingly setting up situations in which you are resentful. Being too critical. Confusing anger with hurt and other emotions that indicate your vulnerability.	Learn to listen internally to your need for closeness, be less afraid of it and learn to trust it. It's not a weakness. Try setting better boundaries on feelings of anger and hurt caused by your expectations. Reduce second-guessing yourself and over-interpreting others' feelings about your work. Evaluate yourself and others less harshly. Make your boundaries around control and closeness more fluid & permeable.

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<b>Avoidant</b>	Not being involved. Finding a place where you are not bothered by the expectations and demands of others.	Push-push. Not being flexible enough to make a relationship work. Pushing passively due to a lack of emotional contact or interest.	You are laid back, not pushy and not overly-demanding of others. Some can be a good buddy.	You don't make much effort to communicate, unless it is on a subject of interest to you.	Safety through a lack of attachment or commitment. Not being involved feels safe.	Involvement or losing control.	You wonder why others are upset with you when they want more from you. These create resentments.	Doing what you're told but not much else.	Not being involved, feeling resentful.	Inner evaluations are harsh, creating anxiety, sometimes depression. You want more distance and less involvement, creating inner resentments and anger.	You want to go at your own pace. You can be quite stubborn and resist doing things the way others want you to do them. Generally, you will not speak up.	Never finding you, because you didn't try. Not setting adequate boundaries on the things you do when you feel resentful or hurt. Unknowingly, setting up situations in which you are resentful. Being the under-achiever, due to a lack of effort.	Become more assertive in asking for what you need. Make your boundaries more flexible and permeable. Be less harsh in evaluating yourself and others. Less over-thinking of what it all means. Be less passive in the face of conflict. Take more control of your life and be less sensitive to situations where you feel over-controlled. Try hard, be engaged, but leave it all on the playing field.
<b>Secure</b>	Achieving personal and professional goals, while making each relationship work, as well as possible, for those involved. Balance in most things.	Push and pull are generally under conscious control. You use them effectively to manage your relationships. When you are less successful at being conscious you apologize, if appropriate, and start over, trying to be more conscious under those circumstances the next time.	You trust yourself and use your self-knowledge to guide you. You recognize your limits, but are willing to grow to achieve what you want or need. People generally accept, like and even admire you. You generally like and admire others, as appropriate. You can truly ask for what you want or need and can live with what you get. Trying your best works. Letting go works.	When you communicate, you try to be sensitive, expressive and manage conflicts effectively. When you aren't able to do so, you apologize and/or try again. You send very few mixed messages. You use the 3 Big C's (Care, Concern & Courage) and are generally aware, sometimes even apologetic, when using the 3 little c's (criticism, control & conditions) in talking about others or in communicating with others.	You ask for what you want or need and live with what you get. Not having your buttons pressed by others' insecure ways of relating. Balancing your wants or needs with others' wants or needs. Balancing work needs with emotional needs. Having courage to grow emotionally, when required, to deal with personal, work, and family issues.	You recognize that you may sometimes take yourself too seriously, and/or forget to do what is best for everyone involved. Falling back into an insecure way of relating is a fear. If you are not fully secure, (and who is?) the fears from the insecure strategy you've grown beyond still can return when you're under stress.	You try to recognize whether you started or reinforced the conflict or if it is a recurring theme for you. If so, you apologize or start over, or let it go. You are willing to create or engage in conflict to clear up an important or recurring challenge.	You fully understand what you want or need, and communicate clearly. You have the courage to make hard choices, and keep things in balance. You take responsibility and manage situations well. You work at making relationships successful and try to do what is best for everyone involved. Find joy in life, not just happiness.	Some people may think you overuse humility and modesty, but you realize how lucky you really are.	You fight against again using the patterns of the old insecure strategy you've worked so hard to overcome. If you can't, that creates an inner pressure of that strategy. There is some of this, and some anxiety, in following what you feel is right for you.	You try to balance your wants/needs with the demands of the organization and others' wants or needs. You are an effective and valued worker, and/or manager. Some are effective as leaders, if they want to lead.	Attaching securely does not create faceplants. You try to stay conscious enough to recognize when what you want is overwhelming what you or others need. Any faceplants are typical of the insecure strategy you've worked so hard to overcome.	You've become really good at managing relationships. So, if and when you don't manage them well, you fully experience it. become more aware of it, and have the courage to change or deal with the issues. You recognize that you are human, with human needs, and are working hard to do what is best for everyone. You admire your good works, laugh at yourself, let things go, give yourself a break. When you feel the need, you hug someone you love and let the feelings in, to fill you with human warmth.