Creating Secure Attachment

Healthy relationships require the right mix of intimacy and independence. Someone who is insecurely attached often struggles to trust or commit to others. With time and effort, it's possible to feel safe and fulfilled in relationships while remaining your own person. Below are some tips for how to do this:

Learn about your attachment style

Learn about the four main attachment styles as well as the associated thoughts and behaviors. This empowers you to spot trends in your relationship history and make a plan to break unhelpful patterns.

Examine your beliefs about relationships

Views about relationships tend to get set early in life. For that reason, it's important to investigate what is actually true about your current relationships and abandon outdated beliefs and interpretations.

Act opposite to your anxious or avoidant style

If you have an anxious attachment style, try taking small steps toward becoming more independent. If you have an avoidant attachment style, try letting down your guard and initiating intimacy.

Increase your emotional awareness

Learning to express and tolerate your emotions makes you better able to accept and empathize with those of your partner. This decreases reactivity and increases attachment security.

Communicate openly and listen empathetically

Secure attachment requires communicating in a respectful, open-hearted way. When conflict happens, collaborate with your partner to help each other feel understood and connected, even when you disagree.

Seek out others with healthy relationships

If you want to run a marathon, it's helpful to surround yourself with successful runners. In the same way, you can improve your relationships by observing how people with healthy relationships think and behave.

Minimize stressors

Stress can worsen attachment issues. Be proactive by committing to self-care, addressing conflict before it escalates, and engaging in calming activities with your partner.