



Module 3

KNOW YOUR ATTACHMENT STYLE

Know Your Attachment Style



Understand How You Attach—and How to Move Toward Security

“We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong.” — Brené Brown

By this point in the course, you’ve already done work most couples never do.

- You’ve started noticing your stories.
- You’ve identified losing strategies.
- You’ve seen how much of your experience is happening inside you—not just between you.

That alone can move a marriage from enduring to enjoying.

In this module, we’re adding another powerful lens: **attachment style**.

Not to label yourself.

Not to blame your past.

But to understand how you seek connection when you feel unsafe—and how to grow into something more secure.

Where Attachment Styles Come From

Attachment styles develop early in life through your relationship with your primary caregiver. As a child, you learned—often unconsciously—how safe it was to:

- Need comfort
- Express emotion
- Rely on someone else

Those early patterns don't disappear when you get married. You bring them with you—and you act them out with your spouse, especially when you're stressed or emotionally flooded.

The Core Attachment Styles

Most people lean toward one attachment style when they're disregulated. You may recognize yourself in more than one, depending on the situation.

Anxious Attachment

Anxious attachment seeks connection through reassurance.

Common signs:

- Feeling unsettled when your spouse needs space
- Taking your partner's moods or distance personally
- Wanting to resolve conflict immediately to feel okay
- Looking to your spouse to validate your worth or decisions

At its core, anxious attachment asks:

- “Am I okay? Are we okay?”

On good days, this looks caring and emotionally available. On hard days, it feels clingy, reactive, or overwhelming to a partner.

Avoidant Attachment

Avoidant attachment seeks safety through independence.

Common signs:

- Pulling inward when emotions feel intense
- Valuing productivity and self-reliance
- Minimizing your own needs or feelings

At its core, avoidant attachment asks:

“Can I handle this on my own?”

On good days, this style looks calm and capable.

On hard days, it can feel distant, closed off, or unavailable to a partner.

Disorganized Attachment

Disorganized attachment often develops from trauma or inconsistent caregiving. It can look like swinging between anxious and avoidant behaviors—craving closeness, then pulling away suddenly.

Secure Attachment: The Goal

Secure attachment means:

- You have a solid relationship with yourself
- You can tolerate both closeness and space
- You don't need your spouse to regulate your emotions
- You can be vulnerable without losing yourself

Secure attachment isn't something you're born with—it's something you build. And here's the most important part:

Security does not come from your spouse, but from within you.

When one partner moves toward security, the relationship naturally begins to rebalance.

Mapping Your Attachment

Part 1: Self-Reflection

When I feel emotionally disconnected or stressed in my marriage, I tend to:

- Seek reassurance or closeness
- Pull inward or shut down
- Swing between both
- Self-regulate and stay grounded

Describe what that looks like for you:

Part 2: Triggers

What situations tend to activate this response? (conflict, lack of communication, stress, etc.)

Part 3: Growth Edge

When I notice this pattern, a more secure response would be:

Part 4: One Small Shift

This week, one way I will move into secure attachment is to:

