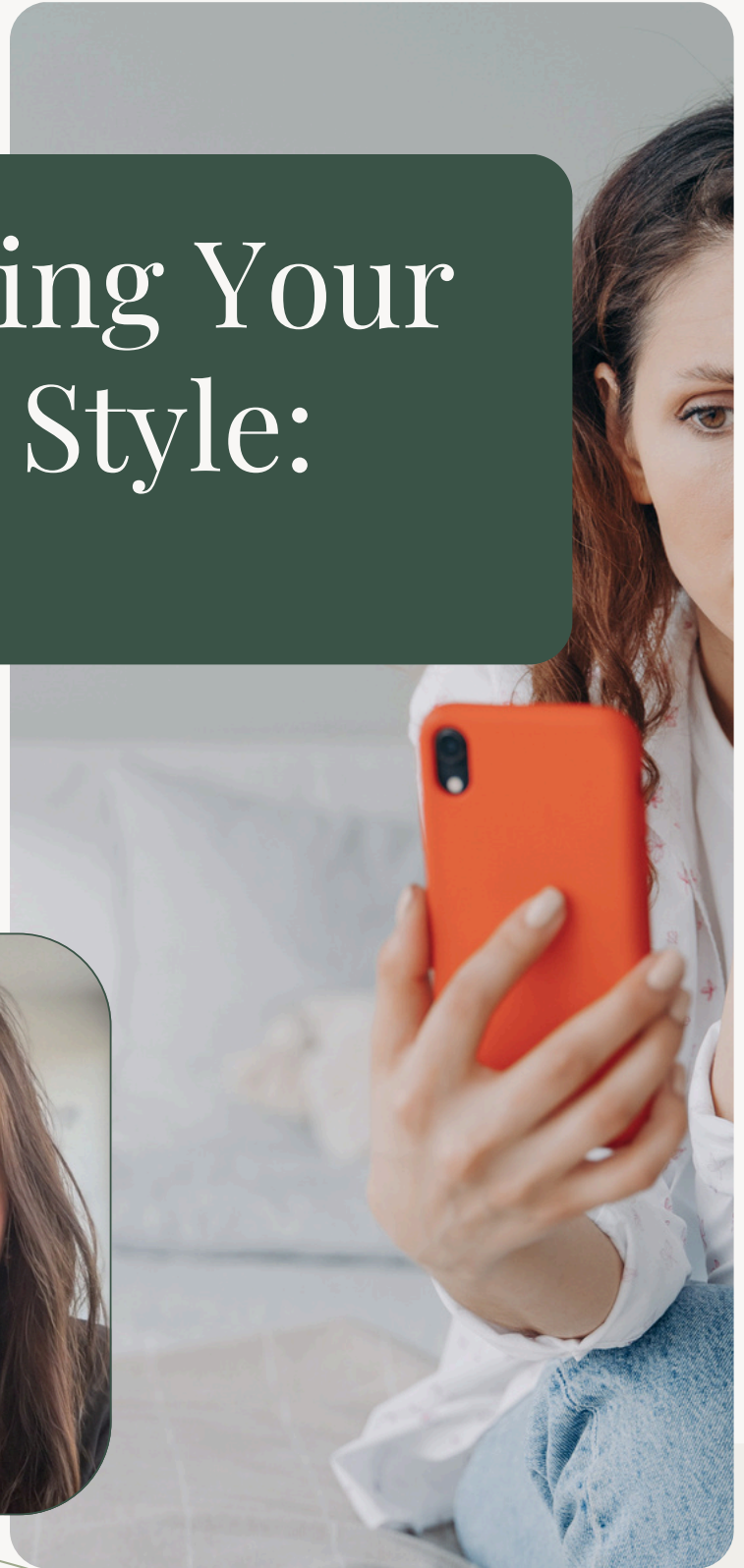




Understanding Your Attachment Style: Anxious

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Anxious Attachment

You long for deep connection—but often worry it won't last.

Common Traits

Anxiously attached individuals tend to feel deeply and love hard—but may get caught in patterns that leave them feeling insecure.

- *Sensitive to changes in tone, response time, or attention*
 - *“They didn’t text back right away—did I say something wrong?”*
- *Deeply tuned in to a partner’s moods or shifts*
 - *“They seemed quiet tonight—are they pulling away from me?”*
- *Often fears being ‘too much’ or ‘not enough’*
 - *“Maybe I’m overwhelming them... maybe they’re bored of me.”*
- *May seek frequent reassurance, even after receiving it*
 - *“You said we’re okay, but... are you sure?”*

Where This Style Comes From

Anxious attachment often forms when a caregiver is loving but inconsistent—attuned at times, distracted or unavailable at others. This teaches your nervous system to stay hyper-aware of changes, working hard to keep connection close.

This pattern can also emerge later in life—especially after being in a romantic relationship where your partner was emotionally withdrawn, inconsistent, or unclear in their thoughts, feelings, or actions. When connection feels unpredictable, your system adapts by becoming vigilant.

What Helps This Style Feel Secure

- *Partners who are consistent, attuned, and emotionally responsive*
- *Naming needs and emotions clearly—and acting in alignment with them (e.g., “I am upset—but it’s because I’m scared about our connection.”)*
- *Self-soothing and anchoring rituals when fears spike*
- *Reframing anxious thoughts:*
 - *“I am scared right now because this relationship matters. And my partner has their own attachment style that formed long before I knew them. How they are responding to me does not necessarily mean what my fear tells me it means.”*

Relationship Tips for the Anxiously Attached

- *Notice when you’re imagining worst-case scenarios—pause, breathe, and check the facts*
- *Share your fears vulnerably, not reactively*
- *Practice receiving reassurance without testing it*
- *Keep this close:*
- *You are worthy of love, even in your most uncertain moments.*



Want to Go Deeper?

You're not alone. At Little Bear Counseling, our therapists are trained to help you work with your attachment style gently and effectively.

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