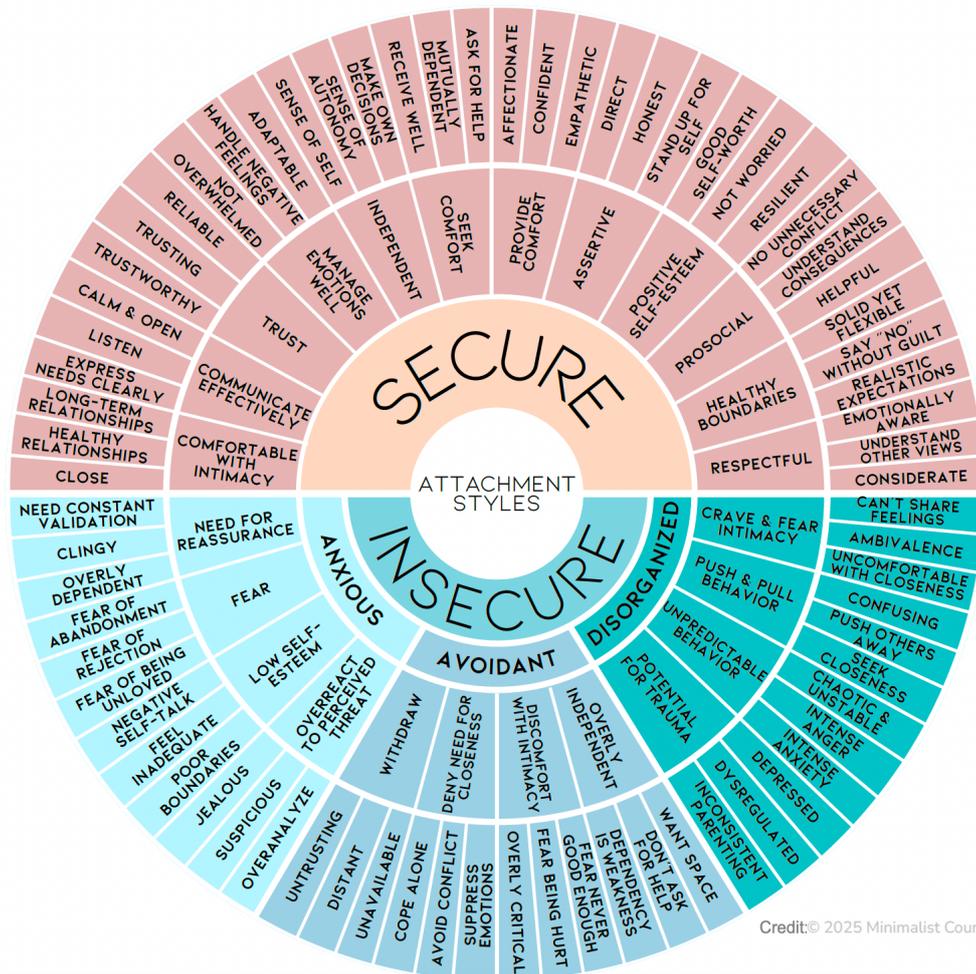


ATTACHMENT STYLES

Wheel



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Understanding Attachment Patterns

The wheel offers a way of making sense of the relationship patterns that can follow us through life. Not labels. Not boxes. Simply patterns — shaped early on — that continue to influence how we connect, protect ourselves, and respond to closeness.

You might recognise certain themes: feeling unsettled when someone becomes distant, choosing partners who are hard to reach, keeping a firm grip on independence, or finding yourself caught between wanting intimacy and needing space. These responses are rarely random. They are attachment strategies that can shape who we are drawn to, how we communicate, and how safe we feel in close relationships.

Anxious attachment can show up as heightened sensitivity to shifts in connection, overthinking, or needing reassurance to feel steady.

Avoidant attachment often leans towards self-sufficiency and emotional restraint, especially when vulnerability feels exposing.

Fearful (disorganised) attachment may carry both impulses — a genuine desire for closeness alongside a strong instinct to protect.

Secure attachment allows for intimacy and autonomy to coexist, with space to express needs without excessive fear or withdrawal.

These patterns developed for a reason. They were ways of staying safe in relationship. Attachment styles are not permanent, with awareness, they can soften and become more flexible. The aim isn't to box yourself in, but to understand your pattern — and from there, allow new ways of relating to develop. 