

# Relationship Patterns

*(anxiety and avoidance in relationships)*

Early in life, people develop one of four styles for relating to other people and the world around them: secure, avoidant, anxious, or fearful. Each differs in the degree to which the person holds a positive or negative view of themselves and others, and the degree to which they experience anxiety and avoidance in relationships.

An insecurely attached individual doubts the availability and support of others and adopts a posture in relationships to manage the doubt, through either avoidance (distancing from intimacy) or anxiety (demanding of intimacy). In some cases, a person experiences both avoidance and anxiety simultaneously.

