





Attachment Style	 Child	 Relational Lens	 Defender	 Adult
<b>Anxious - Preoccupied (Insecure)</b>	<p><b>False Identity:</b> "I am not as worthy"; "I am unlovable"; "I am alone"; "I need to rescue/fix"; "It's my fault" (Formed through introjection)</p> <p><b>Fear:</b> Abandonment, being alone, unsafe, excluded, disliked, not analyzing enough/missing it</p> <p><b>True Identity</b></p>	<ul style="list-style-type: none"> <li>Trusts others &amp; maybe God but not self</li> <li>I need to fix others</li> <li>I need to prevent negative outcomes</li> <li>I cannot meet my own needs</li> <li>Others should soothe me</li> <li>Others should know how I feel without words</li> <li>Others should always give me certainty</li> <li>Others meet all my needs</li> <li>Others should be available</li> <li>I should be others top priority</li> </ul>	<ul style="list-style-type: none"> <li><b>Defends:</b> Proximity &amp; enabling</li> <li>Judges self</li> <li><b>Defense:</b> Project/Displacement/Regression/Deflection</li> <li>Struggles to set boundaries</li> <li>Cling to maintain proximity</li> <li>Enmeshment/Co-dependent</li> <li>Seeks external validation/attention</li> <li>Criticizing (Self &amp; Others)</li> <li>Fawning/Appeasing</li> <li>Expressing panic, anxiety, neediness</li> <li>Testing other devotion</li> <li>Control/Rigid</li> <li>Rescuing</li> </ul>	<ul style="list-style-type: none"> <li>Communicate healthy boundaries &amp; hold them</li> <li>Able to give others space to pause &amp; pray and reconnect to share perspective &amp; resolve</li> <li>Able to self soothe, affirm, &amp; love</li> <li>Have own separate identity</li> <li>Gives others grace &amp; positive intent</li> <li>Secure in relationship</li> </ul> <p><b>Action:</b> Practice grounding &amp; self-soothing: breathing, prayer, nature. Where is God in this? Consider prioritizing one need you have this week without guilt. Maybe that looks like setting a needed boundary. Don't forget to celebrate accomplishments and small steps.</p>
<b>Dismissive-Avoidant (Avoidant)</b>	<p><b>False Identity:</b> "I am only as good as my last achievement"; "I am defective" "I am incapable of change"; "I am not good enough"; "I am powerless"; "When the going gets tough, I go it alone/lone wolf" "I must be in control at all times" (Formed through introjection)</p> <p><b>Fear:</b> Unsafe, trapped, overwhelm, not belonging, weak, vulnerability, Lack of control, helpless, people being close</p> <p><b>True Identity</b></p>	<ul style="list-style-type: none"> <li>Trusts self but not others or God</li> <li>Self Sabotage</li> <li>Others cannot meet my needs</li> <li>Others understand when I need space</li> <li>There should never be conflict</li> <li>Compromises should never be needed</li> <li>Everyone meets their own needs/independent</li> <li>Perfect Match</li> </ul>	<ul style="list-style-type: none"> <li><b>Defends:</b> Self-Sufficiency/Autonomy</li> <li>Judges Others</li> <li><b>Defense:</b> Retroflection/implosion/Regression/Deflection</li> <li>Set boundaries via actions (Flight/leaving)</li> <li>Stonewalling (ghosting or "leaving on read")</li> <li>Passive-aggressive (sarcasm)</li> <li>Numbing</li> <li>Avoiding</li> <li>Excess creature of comfort</li> <li>Push others away</li> <li>Isolate</li> </ul>	<ul style="list-style-type: none"> <li>Communicate needs &amp; when to pause, pray, perspective &amp; resolve</li> <li>Communicate healthy boundaries &amp; hold them</li> <li>Able to adjust/compromise</li> <li>Stays relational/connected</li> <li>Allows fallibility for self and others</li> <li>Secure in relationship</li> </ul> <p><b>Action:</b> Take a step in letting someone in: EX: invite someone to do something with you. Share something personal with someone else. Allow for a healthy compromise or ask for help. Where is God in this? Consider setting a boundary verbally before physical action takes place</p>
<b>Fearful-Avoidant (Disorganized)</b>	<p><b>False Identity:</b> "I am unworthy"; "I deserve to suffer"; "I hate you/don't leave me"; "I am bad"; "I am not good enough"; "I am unlovable"; "My life is constant chaos"; "I can't control my emotions" (Formed through introjection)</p> <p><b>Fear:</b> betrayal, unsafe, abandonment, trapped, helpless, disrespected, people being close, hurting others, true self, not analyzing enough/missing it</p> <p><b>True Identity</b></p>	<ul style="list-style-type: none"> <li>Does not trust self, others, or God</li> <li>Trust breaking should never happen</li> <li>Lying is always unacceptable</li> <li>Others should contribute like me</li> <li>Others should always want me</li> <li>Others must be faithful in thought, emotion, opinion, and action</li> </ul>	<ul style="list-style-type: none"> <li><b>Defends;</b> Self-Sufficiency &amp;/or Proximity</li> <li>judges Self &amp; Others</li> <li><b>Defense:</b> Project/Displacement/Regression/Deflection/ Retroflection/Implosion</li> <li>Doesn't boundaries &amp; lash-out when unset boundaries are crossed</li> <li>Testing</li> <li>Stonewalling</li> <li>Spitefulness</li> <li>Withdrawing to decompress</li> <li>Emotional volatility/Chaotic</li> <li>Fight, flight, freeze, fawn, appease</li> <li>Excessive creature of comfort</li> <li>Push/Pull pattern with others &amp; self</li> </ul>	<ul style="list-style-type: none"> <li>Communicate clear boundaries &amp; hold them</li> <li>Secure in relationship with self &amp; others</li> <li>Communicate needs &amp; when to pause, pray, perspective, &amp; resolve</li> <li>Authentically vulnerable</li> <li>Grounded in self</li> <li>Empathy &amp; Grace</li> </ul> <p><b>Action:</b> Take inventory where do you trust, pull people in, and push people away. How do you ground/self soothe? Where is God in this?</p>
<b>Secure</b>	<p><b>True Identity:</b> "I am enough"; "I am loved"; "I belong"; "I am powerful"; "I am safe"; "I believe in &amp; enjoy myself"; "I can handle what comes"; "I can influence my life toward positive outcomes"; "I am self-sufficient &amp; rely on others"</p> <p><b>Fear/False Identity:</b> Secondary Attachment Style from a wound later in life. Not apart of core identity.</p>	<ul style="list-style-type: none"> <li>Knows their needs and neediness</li> <li>God fills neediness</li> <li>Trusts self, others, God</li> <li>Clearly sets healthy boundaries &amp; expresses need</li> <li>Healthy conflict resolution</li> <li>Grounded in Self</li> </ul>	<ul style="list-style-type: none"> <li><b>Defends:</b> Where you start and others begin</li> <li>Healthy accountability (No Judgement)</li> <li>Effective Boundary Setting</li> <li><b>Defenses:</b> Secondary Attachment</li> <li>Understands personal needs</li> <li>Clearly defines expectations</li> <li>Curious rather than presumptuous</li> <li>Open to communicating</li> <li>Practices vulnerability and discretion</li> </ul> <p><b>Take note of what defense maybe triggered when pain is touch on.</b></p>	<ul style="list-style-type: none"> <li>Pause, Pray &amp; Get perspective</li> <li>Stay grounded when others aren't &amp; help others ground</li> <li>Approaches others with curiosity rather than accusing or assuming.</li> <li>Connected/ active listener/empathy</li> <li>Resolves conflict in a timely manner with others in mind</li> </ul> <p><b>Action:</b> Discover your secondary style and take inventory.. Where is God in this?</p>