

Characteristics of Anxious Attachment in Adults

If you are an adult who falls on the spectrum of anxious attachment, you may find that some or all of the following are true in your intimate relationships.

- You have a constant need to connect or be close to your partner.
- You are on high alert about your partner's presence (physically, mentally, or emotionally) and feel anxious or insecure when your partner is absent, or you detect they are not absent.
- You might feel unlovable or unworthy of love, deep down.
- You might be overly eager to please others with little thought of yourself and your needs.
- You might find yourself constantly thinking about the past or replaying interactions in your mind.
- You often give too much and then grow resentful when it is not returned or appreciated.
- You keep score and perceive life from a tit-for-tat perspective.
- You fear abandonment yet find ways to perpetuate it.
- You could have low self-esteem or are short on confidence in relationships.
- You have a crippling fear of losing your partner and your connection.
- You often go from feelings of anxiety or disappointment to being angry or infuriated when your partner fails to respond.
- You may find it is extremely difficult to sit with uncertainty or lack of control.
- You might unconsciously smother your partner or push them away with unrealistic demands or expectations.

Because love was unpredictable during childhood, anxiously attached people tend to seek out love and approval from others while having less self-esteem and little awareness or recognition of their own needs or what healthy relationships look and feel like. Anxious attachment is rooted in a fear of abandonment, insecurity around having your needs met, and low self-worth. Leaving these things unhealed can result in toxic relational dynamics that become self-fulfilling prophecies of your worst fears.