

## Characteristics of Avoidant Attachment in Adults

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

- You build walls and unconsciously create distance to avoid being hurt.
- You are overly focused on yourself.
- You could have difficulty with maintaining eye contact.
- You have difficulty expressing your needs or feel it is better to do things yourself.
- You may search out faults in relationships or partner.
- You have strict, sometimes unequal, and often rigid boundaries.
- You might choose another insecurely attached person to build a relationship with.
- You may have a number of one-night stands or short-term relationships to avoid commitment and true intimacy.
- Your friends and lovers might tell you that you send “mixed signals.”
- You want companionship, yet also fear being vulnerable, so you avoid emotional closeness.
- You might even self-sabotage your relationship to avoid intimacy or deepening intimacy.
- You might over-analyze your relationships “waiting for the other shoe to drop.”
- You may idealize past relationships over your current partner.
- You may long for your partner but feel stressed in their presence.
- You may live in your head or have difficulty relating to others when intimacy deepens.
- You might have a tendency to dismiss emotions, giving the impression that you do not care.

These traits can also be understood as mechanisms that you employ to deactivate a sense of attachment to a current partner, in order to protect yourself from being hurt. Much of the avoidant attachment adaptation is fear-based – fear of rejection, fear of shame or guilt, and fear of true intimacy. Leaving these fears unhealed can result in superficial relationships and affairs that never truly deepen.