

attachment list

CONTROL

The Rebel

Feeling others are calling the shots
Feeling pressure and demands from others
Anti-authority issues
Feeling like others have an agenda
Resenting the expectations of others
Chronic arguing
Resentment and passive-aggressive behavior
Engaging in power struggle relationships
Blaming others

Helpless Child

Don't take care of yourself
Don't fulfil your responsibility
Under-achiever
Feeling overwhelmed with pressure of life
Feeling your options are limited
Making yourself helpless
Lazy
Chronically depending on others

The Obsessor

Ordering yourself around
Black and white thinking
Punishing yourself
Overly critical
High-achiever
High expectations of others

The Go-Along

Feeling powerless or helpless
Wanting to be taken care of
Wanting to escape to be free
Feeling trapped
Attracted to controlling people
Easily manipulated
Non-questioning of authority
Resentful

DEPRIVATION

The Martyr

Not expressing your feelings or needs
Not getting your needs met
Going without as a personal sacrifice
Responding as a martyr
Not accepting compliment
Making others your purpose
Feeling like it's wrong to get your needs met
Feeling chronically hurt
Feelings of guilt when you try to meet your needs

The Craver

Not feeling satisfied
Addiction issues
Repressing your feelings
Avoiding intimacy
Being attracted to unavailable people
Running away from good things

The Numb

An empty feeling inside
Doing unsatisfying work
Feeling unloved or worthless
Avoiding activities that would fulfill you
Feeling like your needs don't matter
Not knowing what you really want
Living without a purpose

The Worrier

Feeling undeserving
Not trusting happiness will last
Chronic worry
Inability to enjoy the moment
Setting unrealistic goals
Fear of what-if's
Expecting disappointments
Needy
High expectations of others

REJECTION

The Perfectionist

Self-criticism
Perfectionism
Feeling less-than
Punishing yourself
Setting impossible goals
Only worthy of love if you're perfect
high achievers
High expectations of others

The Self-Defeater

Provoking others to criticize you
Being seen in a negative light
Feeling like you don't fit in
Feeling judged by others
Feeling chronically hurt
Comparing yourself unfavorably to others
Putting others on a pedestal

The Joker

Feeling ashamed
Putting yourself down
Inappropriate social behavior
Making jokes about yourself
Being around people who don't like you
Trying too hard to impress people
Act like you don't need anyone

The People Pleaser

Seeking the approval of others
Need to go along with the crowd
Withholding your thoughts and feelings from others
Don't really know who you are
A chameleon