

# 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