

Secure Attachment Attributes

Sign #1: Able to regulate emotions and feelings in a relationship

Sign #2: Strong goal-oriented behavior when on your own

Sign #3: Great at bonding, opening up to, & trusting others

Sign #4: Knowing what you're about in life and what purpose you want to fulfill

Sign #5: Can communicate your needs effectively

Sign #6: Feeling like you have an impact on the world around you

Sign #7: Comfortable with closeness & mutual dependency

Sign #8: Actively seek emotional support from your partner and also give emotional support to your partner

Sign #9: Comfortable being alone and use that time to explore

Sign #10: Strong capacity to reflect on how you are being in a relationship