

Attachment Styles and what they mean

Attachment styles describe how you form emotional bonds and relationships based on early experiences with caregivers. They influence how you relate to others in romantic, platonic, and professional relationships.

There are four main attachment styles:

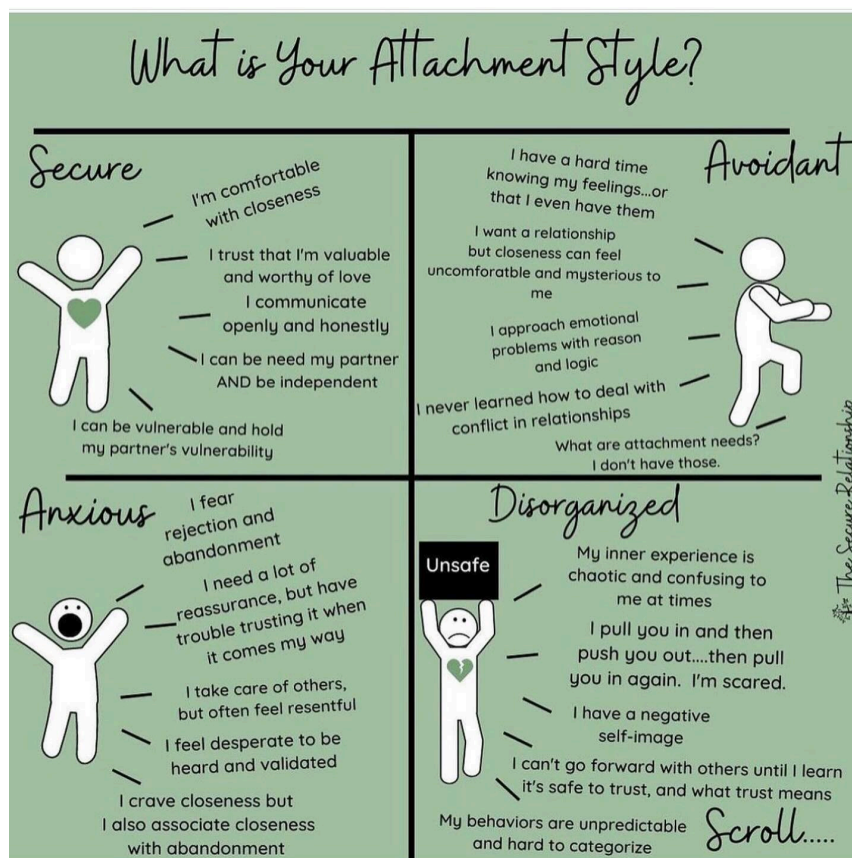


Image taken from The Secure Relationship Facebook Page

Secure Attachment

What it Looks Like: Comfortable with intimacy and independence.

Able to trust others and communicate needs effectively.

Root Cause: Caregivers were consistently responsive, loving, and supportive.

In Relationships: Healthy balance between closeness and autonomy, good conflict resolution skills.

Anxious (Preoccupied) Attachment

What it Looks Like: Fear of abandonment, seeking constant reassurance, emotionally intense.

Root Cause: Caregivers were inconsistent—sometimes attentive, other times unavailable or unpredictable.

In Relationships: Overly dependent on a partner, struggles with self-worth, and may feel insecure if not receiving constant validation.

Avoidant (Dismissive) Attachment

What it Looks Like: Emotionally distant, values independence over closeness, difficulty expressing emotions.

Root Cause: Caregivers were emotionally unavailable, dismissive, or discouraged emotional expression.

In Relationships: Prefers self-reliance, avoids deep emotional intimacy, may feel uncomfortable with vulnerability.

Disorganised (Fearful-Avoidant) Attachment

What it Looks Like: A mix of anxious and avoidant traits, fearful of both intimacy and abandonment.

Root Cause: Caregivers were neglectful, abusive, or created an unsafe environment, leading to confusion about love and trust.

In Relationships: Push-pull dynamic—craving connection but fearing rejection, emotional turmoil.

Here is how Hypnotherapy can help

Healing Secure Attachment (or if you want to strengthen it)

Even those with a secure attachment can benefit from hypnotherapy to reinforce self-trust, enhance communication, and deepen emotional intelligence.

Hypnotherapy can help process past experiences that may have temporarily disrupted security (e.g., breakups, trauma, or betrayal).

Healing Avoidant (Dismissive) Attachment

- ◆ **Core Issue:** Fear of intimacy, emotional suppression, and hyper-independence.
- ◆ **Hypnotherapy Focus:** Creating emotional safety and allowing vulnerability.

Emotional Reconnection Work

I can help you to release suppressed emotions and allow safe self-expression.

Trust-Building Exercises

Hypnotic suggestions can reinforce that opening up to others is not dangerous and can lead to fulfilling connections.

Regression Therapy

We can revisit childhood moments of emotional neglect and rewrite them, creating a new narrative of safety and connection.

Relaxation Techniques

I can teach you a selection of relaxation techniques which will help reduce the subconscious fear of being “trapped” in intimacy, reinforcing a sense of freedom within connection.

Healing Anxious Attachment

- ◆ **Core Issue:** Fear of abandonment, emotional dependency, and low self-worth.
- ◆ **Hypnotherapy Focus:** Building self-love, emotional self-sufficiency, and trust.

Inner Child Healing

Helps to reassure your younger self that love does not have to be earned through anxiety and proving yourself.

Self-Worth Programming

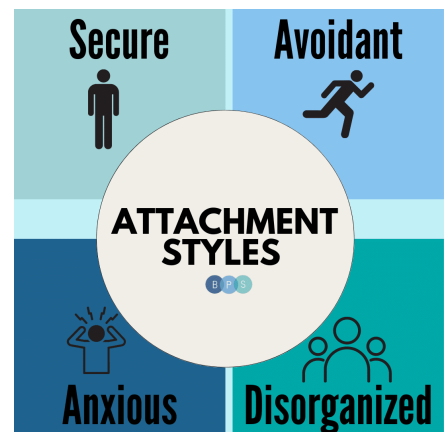
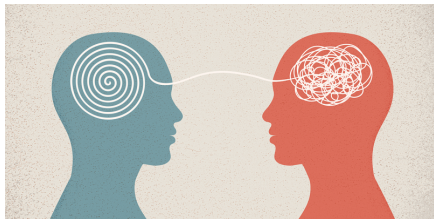
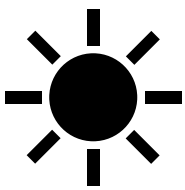
I can install new beliefs of being worthy of love and not needing constant validation.

Emotional Regulation Techniques

Through hypnosis I can teach the subconscious mind how to self-soothe instead of seeking external reassurance.

Visualizations for Secure Attachment

I guide you through imagery of feeling deeply loved and supported, rewiring your nervous system to feel safe in relationships.



Healing Disorganized (Fearful-Avoidant) Attachment

- ◆ **Core Issue:** Craving connection but fearing rejection and betrayal.
- ◆ **Hypnotherapy Focus:** Healing trauma, stabilising emotions, and building secure relationships.

Trauma Release Work

Many with this attachment style have experienced emotional neglect or abuse. Hypnotherapy can help process and release stored trauma.

Reparenting Techniques

Hypnosis can guide you to create an internal safe haven where you can comfort and nurture yourself.

Bilateral Stimulation & Hypnotic Desensitisation - (Hypno-EMDR)

Similar to EMDR, hypnotherapy can reduce fear responses tied to intimacy and trust.

Inner Conflict Resolution

Parts therapy can be used to integrate the two opposing desires: the need for closeness and the fear of being hurt.