

# Attachment Styles SUPERPOWERS



The  
**Attachment**  
Project



# SUPERPOWERS CHEAT SHEET

## Anxious/Preoccupied Attachment Style



“If you have the ability to love, love yourself first.”

— Charles Bukowski —

“Simply give to yourselves that which you need - which is love and appreciation without judgment.”

— René Gaudette —

### 7 Superpowers of the Anxious Friend

- 1 Seeks closeness with their friends
- 2 Willing to open up and bond quickly
- 3 Friendly & accepting
- 4 Eager to stay in regular contact
- 5 Generous, thoughtful, and supportive
- 6 Puts effort into maintaining friendships and working issues out
- 7 Likely to play the caretaker role within the friendship group

### 8 Superpowers of the Anxious Partner

- 1 Able to open their heart & fall in love
- 2 Puts a lot of effort into the relationship
- 3 Highly attuned to their partner's needs
- 4 Sensitive to threats to the relationship
- 5 Willing to work on themselves to become a better partner
- 6 Devotes themselves to the relationship
- 7 Takes care of - and is ready to sacrifice for - their loved one
- 8 Typically careful and thinks through the consequences of their actions

“Focus on your strengths, not your weaknesses.  
Focus on your character, not your reputation.  
Focus on your blessings, not your misfortunes.”

— Roy T. Bennett —

### 6 Superpowers of the Anxious Employee

- 1 Highly alert to their own potential deficiencies
- 2 Always seeking ways to improve themselves
- 3 Great at detecting and responding to risks
- 4 Highly accurate in detecting deceit
- 5 High performer
- 6 Unlikely to create friction in the workplace





# SUPERPOWERS CHEAT SHEET

## Avoidant/Dismissive Attachment Style

“The most terrifying thing is to accept oneself completely.”

— C.G. Jung —

“When you are grateful, fear disappears  
and abundance appears.”

— Anthony Robbins —

### 8 Superpowers of the Avoidant Partner

- 1 Respects their partner's freedom
- 2 Not demanding of their partner's time
- 3 Not needy and clingy
- 4 Doesn't require constant attention
- 5 Independent and individual
- 6 Will take into account and respect their partner's boundaries
- 7 Has a positive view of themselves
- 8 Confident and in control

### 8 Superpowers of the Avoidant Friend

- 1 Sociable and popular
- 2 Confident in what they can offer others
- 3 Can be the life and soul of the party
- 4 Friendly to new acquaintances
- 5 Won't pester their friends for their time
- 6 Doesn't require their friends to disclose personal information or emotions
- 7 Leads with logic rather than emotions
- 8 Can give good practical advice

“Self-love is not the process of ignoring your  
flaws. Self-love is expanding your awareness to  
include your flaws and your strengths.”

— Vironika Tugaleva —

### 5 Superpowers of the Avoidant Employee

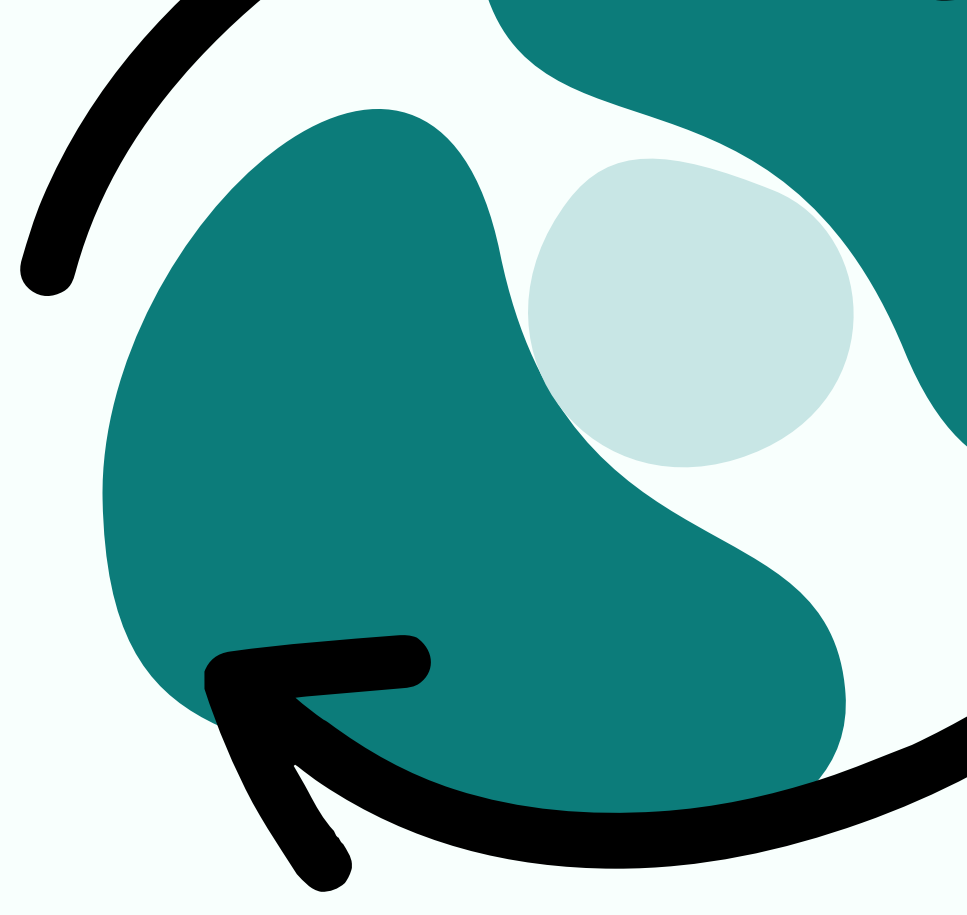
- 1 Has great capacity to sustain their focus on the tasks at hand and get the job done
- 2 Works well independently
- 3 In times of danger, usually the quickest to act - effectively and without hesitation
- 4 Stimulates the team to focus on the tasks at hand
- 5 Results-oriented





# SUPERPOWERS CHEAT SHEET

## Secure Attachment Style



“Start each day with a positive thought and a grateful heart.”

— Roy T. Bennett —

“Children begin by loving their parents;  
as they grow older they judge them;  
sometimes they forgive them.”

— Oscar Wilde —

### 9 Superpowers of the Secure Friend

- 1 Prefers to avoid conflicts with friends unless absolutely necessary
- 2 Considers the consequences of their actions
- 3 Calm, balanced, and easy-going
- 4 Comfortable sharing personal information
- 5 Respectful of others people’s boundaries
- 6 Not likely to take things too personally
- 7 Has healthy self-confidence but is not arrogant
- 8 Expresses interest in getting to know others
- 9 Recognizes their own value as a person, as well as that of other people

### 9 Superpowers of the Secure Partner

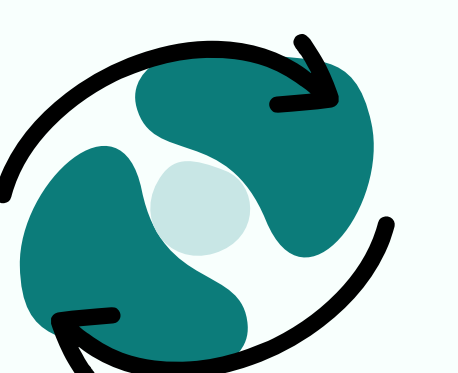
- 1 Emotionally equipped to deal with issues in the relationship
- 2 Open and warm with their partner
- 3 Knows who they are and acts like it
- 4 Comfortable to give and receive support when needed
- 5 Less likely to “jump into” relationships
- 6 Knows when a relationship isn’t going to work
- 7 Capable of being vulnerable and intimate with their partner
- 8 Finds it easy to trust their partner
- 9 Can help insecure partners to regulate their emotions

“Teach others how to be bold, radiate  
immense self-love, and appreciate how  
unique you are.”

— Virginia Toole —

### 6 Superpowers of the Secure Employee

- 1 Comfortable with seeking out help and support when needed
- 2 Emotionally balanced and comfortable around others
- 3 Typically highly satisfied with their job
- 4 Makes a good leader
- 5 Doesn’t typically suffer from fear of failure
- 6 Empathetic and aware of the needs of others





# SUPERPOWERS CHEAT SHEET

## Disorganized Attachment Style

“Don’t be pushed around by the fears in your mind. Be led by the dreams in your heart.”

— Roy T. Bennett —

“Personal development is the belief that you are worth the effort, time and energy needed to develop yourself.”

— Denis Waitley —

### 6 Superpowers of the Disorganized Friend

- 1 Caring and showing affection to friends
- 2 Supportive and sensitive to their friends’ needs
- 3 Often comes across as sociable and cool
- 4 May be able to show and accept support and love from others
- 5 Often open to sharing personal information and emotions
- 6 Likely to be perceived by others as adventurous and daring

### 8 Superpowers of the Disorganized Partner

- 1 Often seeks closeness in a relationship, but doesn’t do so all of the time
- 2 Eager to preserve the relationships they care about
- 3 Capable of retaining their individuality and independence
- 4 May fall in love easily
- 5 Often likely to see their partner in a very positive light
- 6 Works hard on maintaining the relationship
- 7 Often attuned to the needs of their partner, and willing to take care of and even sacrifice for them
- 8 Doesn’t need attention and contact all of the time

“Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.”

— Charles Dickens —

### 4 Superpowers of the Disorganized Employee

- 1 Sensitive to and likely to respond quickly to threats in the environment
- 2 Often works independently and doesn’t rely on the support of colleagues
- 3 Might dedicate themselves to their job and focus on productivity
- 4 May be able to communicate effectively and seek support when necessary





# The Attachment Project

ATTACHMENT STYLES SUPERPOWERS  
COPYRIGHT © 2020-2021  
MINDONLY LTD  
ALL RIGHTS RESERVED.