

Avoidant¹	Secure	Anxious²
Sends mixed signals about the relationship	Reliable and consistent in the relationship.	Craves lots of closeness in the relationship.
Tends to make decisions autonomously.	Tends to make decisions cooperatively.	Has difficulty making decisions without lots of relational reassurance from the partner – worries about displeasing.
Devalues present & past partners.	Has a flexible view of relationships.	Unhappy when not in a relationship.
Uses distancing strategies – emotional or physical.	Communicates about relational issues comfortably.	Tends toward playing games to keep the partner's attention and interest. Preoccupied with the relationship.
Emphasizes boundaries in relationships – sets up rules.	Can easily compromise during conflict.	Seems to have difficulty explaining themselves – appears to need the partner to guess what they are feeling/thinking.
Has unrealistic (unattainable) romantic views about how relationships 'ought' to be.	Not afraid of commitment or interdependence.	Often acts out on their relational anxiety – drama queen/king.
Distrustful of others. Fears being taken advantage of by others.	Doesn't see their relationship as hard work.	Tends to make most things about themselves in the relationship.
Rigid, rules based relationship views. Lot's of explosiveness or abandonment in arguments.	Enjoys closeness, not threatened by tensions, leading to more feelings of closeness.	Leaves it to the partner to set the tone for the relationship. While it's true that the drama king/queen sets a tone, their antics are reactive to something that the partner has done that triggers anxiety.
Tends to keep relationships compartmentalized.	Introduces partner to family and friends early on.	Intrusively involved with all their partner's relationships.
Conceals thoughts, intentions and failures.	Open with thoughts, intentions & failures. Naturally expresses feelings.	Fears that small things will ruin the relationship – that they need to work hard to keep the partner's interest. So, they can be very cagy in expressing their thoughts, intentions and failures.
Very aversive to talking about the relationship.	Not a game player. Very open to discussing relational things.	Often suspicious of infidelity. Steers relational discussion toward how the partner feels about them. Hides real thoughts/feelings if they 'might' cause problems.

Modified from Levine & Heller's book, *Attached*, pp.65-66

Around 5% of the population test as Anxious-Avoidant; a person with qualities of both attachment styles.

Go to <http://www.web-research-design.net/cgi-bin/crq/crq.pl> if you'd like to take a test.

¹ Highly values independence and tends to be defensive of personal autonomy; around 20% of the population

² Highly values relational dependence and tends to be hypersensitive about perceived threats to the relationship; around 25% of the population.