

## DISMISSING AVOIDANT ATTACHMENT STYLE (ALSO REFERRED TO AS DISMISSIVE)

- You have subtlest feeling of being trapped when a partner comes too emotionally close
- Uncomfortable having needs, and very uncomfortable communicating them
- Sensitive to detecting when another is about to criticize or blame you for something



**How it feels typically?** You're self-reliant and proud of that. You probably don't like to talk about yourself much. You don't chase the spotlight by making your needs known, and it makes you cringe when other people do. Logic and reason are your comfort zones, feelings not so much. This has served you in many ways, yet stifles the capacity to have deep, nourishing, intimate relationship.

**Within a Relationship:** If you're single, you might be interested in a romantic partner or want one someday but you're often unsure because of the potential drawbacks. This leaves you wary about commitment. To test the waters, you may have brief relationships that you end before things get too serious. You believe it's better than disappointing someone later on, or setting yourself up for feeling trapped, disappointed, or vulnerable at some point in the future.

- Prefer someone who "doesn't take themselves too seriously" or is "easygoing"
- Emotional connection may be a new term for you
- Likely to believe that asking for support would be an inconvenience, or even worse an opportunity for you to feel helpless, unseen, and disappointed by those who are supposed to be loving you for WHO you are, not WHAT you are.
- Believe being low maintenance is what it takes to be a good friend, partner, or family member
- Train yourself and others to think that you simply don't have needs, "I don't need much", "My needs are simple."
- If you sense someone is too needy, you feel stressed or inadequate - and are not likely to keep them around
- You may care a lot for your partner, but also need a good amount of distance or "space"
- You may start to feel pressure or stress in a relationship without fully knowing why; this makes you want to flee
- When you recognize an important desire or need of your own, it can be anxiety-producing to acknowledge and communicate it to others - with little confidence in people to meet your needs - this is uncomfortable enough to make you want to forget becoming aware of the need in the first place
- For you, unmet needs and desires aren't the worst thing in the world, as long as you don't focus on them - what triggers you is feeling unfairly blamed, condemned, or judged. This hits a particular nerve and can make you want to avoid more, but if you are unable to escape, you can get uncharacteristically aggressive toward others
- You may not ask for hugs and genuine physical connection as if it's too much to ask. You may feel ok asking for sex however. Also, sex outside of a relationship (and sex addiction) may serve to escape the painful feelings of unmet needs, and/or smothering feelings, or entrapment fears that can get triggered for you in real relationships.

### Where it stems from typically?

- Can you think of 3 specific memories from your childhood when you felt supported, celebrated, or validated by a parent? If you can't come up with 3 right now, that would align with this style.
- It doesn't mean you don't have fond memories. You just might have fonder ones of being by yourself and entertaining yourself - more so than being with people. Perhaps you even preferred it that way.
- Many with strong avoidant tendencies said their fondest memories in childhood involved being by themselves for hours in the woods, daydreaming, or inventing entire plays with stuffed animals in their room.
- If you do have memories of your parents showering you with affection, hugs, and fun times, it's likely that in order to get that, you had to do something "right." They praised/rewarded you for your intelligence, beauty, athletics, or talent.
- The message you got was that you were worthy of love and attention when you made the family look good. As an adult, it doesn't come naturally to believe that support will be there for you without ACCOMPLISHING some THING.