

# Avoidant Attachment

## Someone with an avoidant attachment might think or say...

- I don't see the point of talking about my feelings.
- I pride myself on being independent and doing things on my own.
- People always let me down.
- I don't like to depend on people or ask for help. I'd rather do things myself.
- Relationships are a lot of work; I'm not sure they're worth it.
- I'm fine on my own.
- I can seem standoffish or like I don't really care.
- Most of the people I date want to be too close or too committed.
- Feelings are overrated.
- I love you, but I don't want to spend every night together.
- I'm not ready to move in with you.
- I don't think I'm the marrying type.
- I don't need anything from anyone.
- I need time to myself.
- I'm not going to change for anyone.