

Relationships & Boundaries

What are Attachment Styles?

Attachment styles are patterns we develop in childhood that shape how we connect with others.

There are four common types:

- **Secure** – trusts easily and feels safe in closeness
- **Anxious** – fears abandonment, craves reassurance
- **Avoidant** – fears closeness, values independence
- **Disorganised** – both craves and fears connection

These aren't fixed — with awareness and healing, your style can grow more secure.

What are Healthy Boundaries and how do I set them?

Healthy boundaries are limits you set to protect your energy, emotions, and time.

They sound like:

- "I'm not available to talk right now."
- "That doesn't work for me."
- "Please don't comment on that."

Start small. Boundaries don't push people away — they create space for safe connection.

Why do I keep People-Pleasing?

People-pleasing often starts as a survival strategy — especially if love or safety felt conditional growing up. It can sound like:

- Saying yes when you mean no
- Apologising for everything
- Putting others' needs ahead of your own

It's not weakness — it's protection. But you deserve relationships where you're allowed to be real, not just agreeable.

How can I handle conflict without blowing-up or shutting down?

Conflict is uncomfortable — but it doesn't have to be unsafe. Try:

- Naming your emotion ("I'm feeling hurt, not angry")
- Slowing down your response
- Using "I" statements ("I felt dismissed when..." instead of "You always...")

Regulating yourself first helps you respond rather than react. You don't need to win — you just need to stay connected and clear.

What does a Safe Relationship actually feel like?

Safe relationships aren't perfect — but they feel steady. You can:

- Say no without guilt
- Share feelings without fear
- Disagree and still feel respected

There's space to be your full self — not just the easy or agreeable parts.

Safety isn't about never having conflict — it's about knowing you'll be met with care, even when things are hard.