



# How your relational styles impact on each other

## Summary

- You hope that your partner can be a secure attachment figure for you.
- Both partners can provide a secure base for each other. If one partner is secure, then the relationship as a whole is secure.
- Depending on the attachment styles of both partners the relationship is more or less stable.
- The most secure relationship is one with two secure partners, the most insecure is a relationship where both partners are insecure with both partners having the same insecure attachment style..
- A very common presentation in couples therapy and in general is one where one partner is anxious and the other avoidant.