

Disorganized attachment patterns

When Closeness Feels Mixed

Adults | 10 to 15 minutes

You might want support while also wanting to pull away. Rather than deciding what label fits, choose one recent moment and make room for both experiences. Current safety, past experiences, needs, and the other person's behavior may all matter. You can reflect without sharing the page.

Choose a manageable example. Name each pull separately and consider what would make a next step safer or clearer.

Allow more than one feeling

Describe what drew you toward contact and what made distance appealing. Avoid forcing one side to cancel the other. You may want care and still need privacy, or want reassurance while noticing behavior that concerns you.

Choose a steady next step

A next step may be asking for a slower conversation, choosing a different support person, or postponing contact. Use present observations to guide the choice. You do not have to uncover memories or prove a theory about your relationships.

1. What happened when I wanted both connection and distance?**2. What did each part of me seem to need or protect?****3. What present facts make this contact feel more or less safe?****4. What pace, boundary, or support fits my next step?****Clinical use and adaptation**

Do not diagnose an attachment pattern, suggest recovered memories, or equate mixed feelings with trauma. Assess dissociation, current safety, and other clinical needs when indicated. Use individual work where coercion exists; avoid interpreting reluctance as resistance or prescribing closeness.