

# AI-00704 Avoidant Patterns

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What is avoidant pattern? List 20 examples

Avoidant patterns typically refer to behaviors or tendencies characterized by a desire to withdraw from emotional intimacy or social interaction. Here are 20 examples:

1. Fear of rejection leading to social withdrawal.
2. Difficulty trusting others, often expecting betrayal.
3. Reluctance to share personal thoughts and feelings.
4. Avoidance of social events or gatherings.
5. Fear of criticism or judgment from others.
6. Unwillingness to open up about vulnerabilities.
7. Tendency to downplay achievements to avoid attention.
8. Hesitancy to form close relationships.
9. Preference for solitude over social engagement.
10. Overemphasis on self-reliance to avoid dependence.
11. Difficulty expressing needs or asking for help.
12. Limited emotional expression and responsiveness.
13. Avoidance of conflict, even at the cost of personal needs.
14. Fear of intimacy, both emotional and physical.
15. Reluctance to show affection or warmth.

16. Tendency to keep conversations superficial.
17. Avoidance of eye contact or body language signaling withdrawal.
18. Chronic self-doubt and fear of inadequacy.
19. Difficulty making and maintaining friendships.
20. Strong desire for independence to avoid perceived vulnerability.

What is opposite of avoidant pattern behavior?

The opposite of avoidant pattern behavior is often referred to as secure attachment or engaging in secure patterns. This involves a comfortable and healthy approach to interpersonal relationships, characterized by:

1. Openness to emotional intimacy.
2. Willingness to trust and be trusted.
3. Comfort in sharing personal thoughts and feelings.
4. Active participation in social events and gatherings.
5. Confidence in forming and maintaining close relationships.
6. Expressiveness in showing affection and warmth.
7. Healthy conflict resolution and communication skills.
8. A balanced sense of independence and interdependence.
9. Ability to ask for help and support when needed.
10. Emotional responsiveness and empathy toward others.

In essence, individuals exhibiting secure attachment patterns feel secure in themselves and in their relationships, forming connections without excessive fear of rejection or the need to withdraw.

### **List 20 examples of secure attachment pattern behaviors**

Certainly, here are 20 examples of secure attachment pattern behaviors:

1. Comfortably expressing emotions and vulnerabilities.

2. Establishing and maintaining trusting relationships.
3. Willingness to share personal thoughts and feelings openly.
4. Actively engaging in social events and gatherings.
5. Confidence in forming and maintaining close friendships.
6. Showing affection and warmth in relationships.
7. Effective communication and conflict resolution skills.
8. Balancing independence and interdependence in relationships.
9. Seeking and providing support in times of need.
10. Expressing empathy and understanding towards others.
11. Comfort with intimacy, both emotional and physical.
12. Sharing achievements without downplaying them.
13. Ability to ask for help without fear of judgment.
14. Readiness to address and resolve conflicts constructively.
15. Enjoying and valuing both solitude and social interactions.
16. Establishing and respecting boundaries in relationships.
17. Responding positively to expressions of affection.
18. Being open to collaboration and teamwork.
19. Trusting others without undue skepticism.
20. Feeling secure in oneself and in relationships, fostering a sense of emotional stability.