Attachment Style Companion PDF Add-On

This companion PDF walks you through the foundational concepts of attachment theory—secure, anxious, avoidant, and disorganized styles—and how they shape adult relationships. Whether you're discovering your style for the first time or intentionally working to shift toward secure connection, this guide offers insight, practical direction, and spiritual encouragement. Healing is possible. It begins with awareness, and continues with intention, grace, and truth.

Anchor Scripture (AMP):

"There is no fear in love [dread does not exist], but perfect (complete, full-grown) love drives out fear..."
—1 JOHN 4:18 (AMP)

This verse reminds us that insecure attachment often stems from fear—fear of rejection, abandonment, or not being enough. But healing begins when we let love lead—secure, sacrificial, God-modeled love.

Breathwork Prompt: "Ground & Open"

Use this breath to soothe the nervous system and open your heart before exploring your attachment reflections. It trains your body to feel safe—without withdrawing or chasing.

Style: 4–6–8 Breath (Ground in calm, open in trust)

- Inhale slowly for 4 counts (through the nose)
- Hold for 6 counts (rest in the pause)
- Exhale gently for 8 counts (release control)

Quote:

"Attachment styles aren't labels. They're maps—showing us where we've been… and where healing invites us next."
—Sean Brannan

Want to go deeper?

Visit seanbrannan.com/attachment to explore more about your attachment style, read more articles, or listen to a podcast episode on healing attachment in real life.