

How People React in Fear-Bonded Relationships

Escaper – wants to avoid, detach, withdraw

- Little to no comfort or nurturing in relationship
- Take care of myself
- Rarely asks for help
- Shows love through tasks
- Anxious if others are emotional or needy
- Flatline emotionally
- Angered if pushed to connect with others
- Triggered by criticism
- Feelings of inadequacy when confronted with needs, emotions, or complaints

Enabler – wants to please, pursue, try harder

- Overly protective to relieve their own anxieties
- Wants relational connection to relieve anxiety about disapproval or rejection
- Appears to maintain relationship
- Expects little in return
- Wants harmony at all costs
- Anxious if apart
- Not in touch with anger-passive aggressive
- Anxious when others detach
- Interprets distance as a sign of anger or rejection

Hesitator – wants to vacillate

- Inconsistent attention in relationships
- Idealizes then devalues
- Disappointed easily with people
- Highly sensitive
- Desires to “feel special”
- Insecure
- “Not too close, not too far” anxiety
- Triggered when others depart, experiences feelings of abandonment
- Gives mixed messages

Suppressed – wants to control

- Chaotic and confusing in relationships
- Abusive and/or neglectful
- Chaos is normal
- Addictions to numb pain
- “Control or be controlled” mentality
- Maintain control or stay “under radar”
- Not vulnerable with others
- Narcissistic
- Challenges authority

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