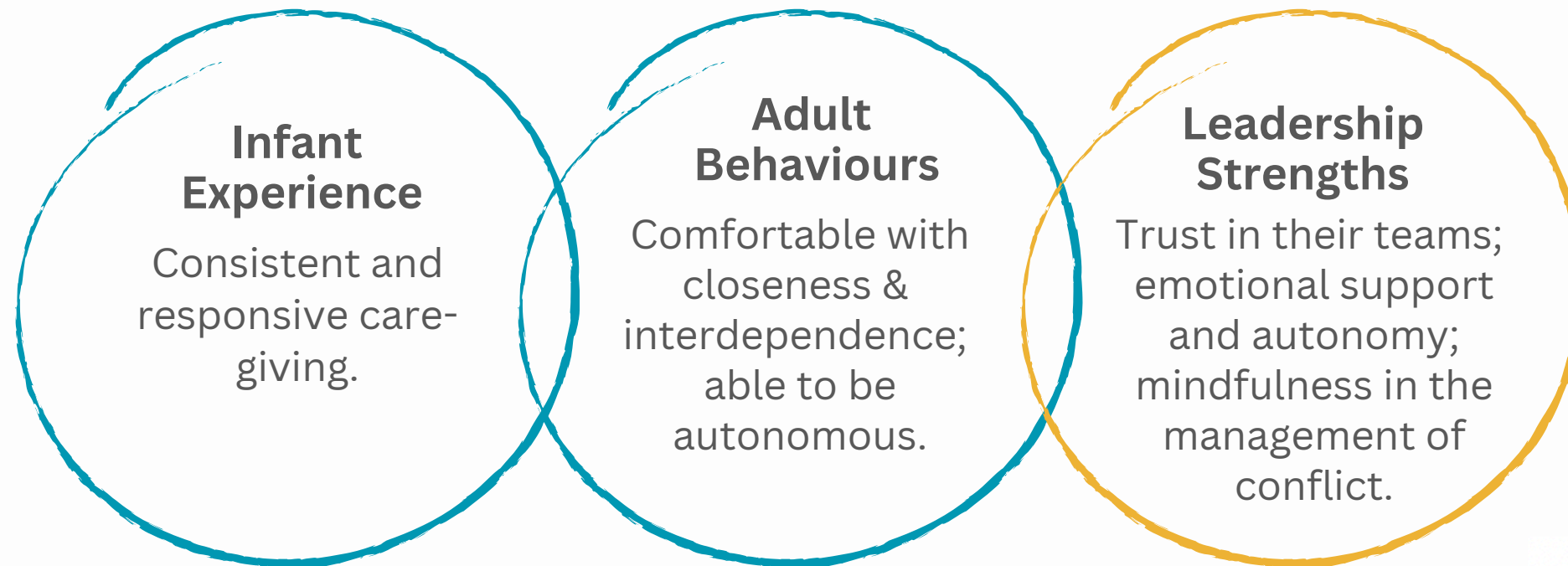


# UNDERSTANDING OUR ATTACHMENT STRATEGIES

## A Guide for Emotionally-Connected Leadership

Being an emotionally-connected leader means taking control of your emotions so that they don't take control of you. Understanding the attachment origins of our emotional make-up can be a helpful place to start

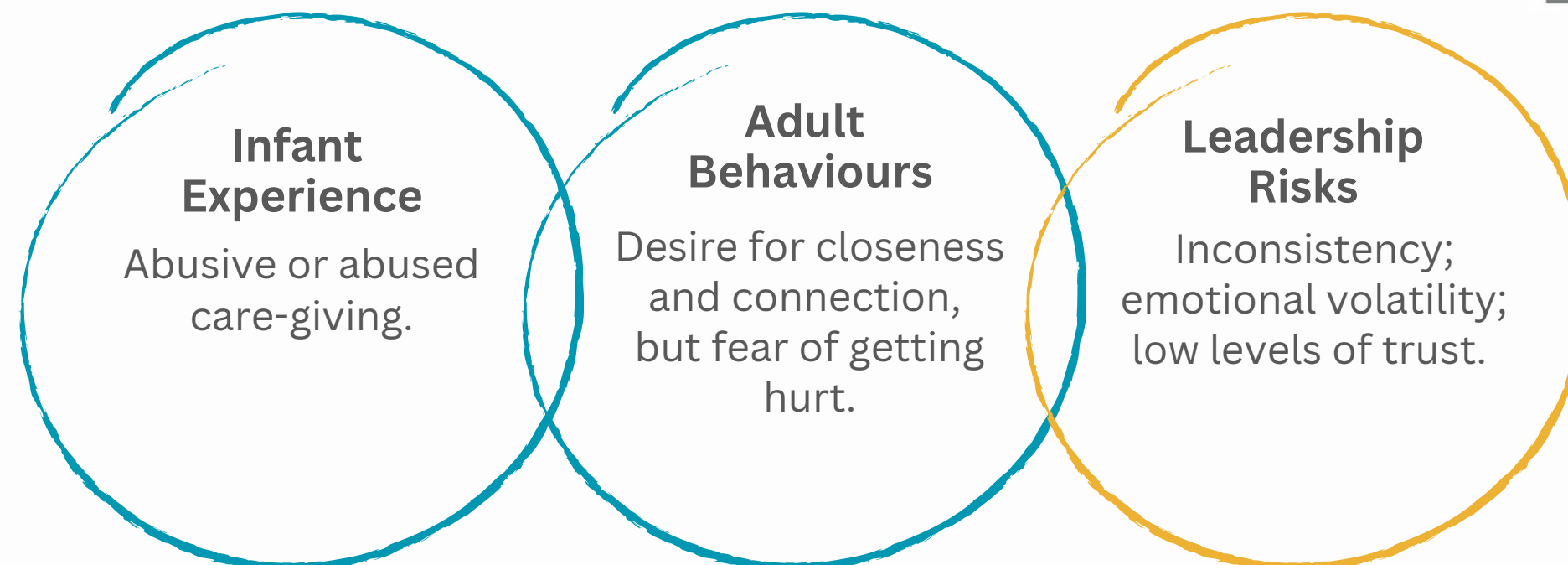
### SECURE / AUTONOMOUS



### ANXIOUS / PREOCCUPIED



### UNRESOLVED/DISORGANISED



### AVOIDANT / DISMISSIVE

