

THE DANCE OF ATTACHMENT

HOW ATTACHMENT STYLES INFLUENCE
THE WAY WE LOVE AND THE STEPS TO
BUILD SECURE ROMANTIC RELATIONSHIPS



Written by Jenn Noble, ACC

HI THERE,

I'm Jenn!



Before I became an ICF-Accredited Relationship Coach and created the Relationship Reboot Program, I spent years trying every quick fix I could find to feel seen, heard, and understood in my relationships.

The problem? Most of it didn't work. Or it only worked for a hot minute before I was right back where I started—frustrated, disconnected, and questioning myself. I hit a point where continuing as I was just wasn't an option.

That's when I stumbled upon attachment styles.

I almost rolled my eyes, thinking, “Oh great, another concept that won't actually help.” But something told me to keep going. And I'm so glad I did.

Understanding attachment styles changed everything. My communication improved, my relationships deepened, and, most importantly, I finally felt a sense of clarity and connection that I hadn't thought was possible.

This journey inspired my **TEDx Talk, “Do Attachment Styles Determine the Dance of Our Relationships?”** and it's what led me to create the workbook you're holding now.

The fact that you grabbed this workbook tells me something important... you're ready for a change, just like I was. And you're in the right place.

Inside, you'll find the insights and strategies that helped me rebuild my relationships from the ground up. I can't wait to hear how they help you, too.

Warmly,
Jenn

HOW TO BEST USE THIS BOOK

If you're anything like me, you love clear steps and straightforward actions that actually make a difference. Let's make your journey through The Dance of Attachment enriching, insightful, and... dare I say it... fun!

STEP # 1: Start by reading The Dance of Attachment from start to finish. This will give you a solid foundation and a clear understanding of what's to come.

STEP # 2: Discover which Attachment Style you're Dancing by taking our quiz online at: speak-honest.com/attachment-quiz Your results will give you a personalized starting point for applying what you learn.

STEP # 3: You're not alone in this! Join our supportive community, where you can share your quiz results and connect with other women navigating similar challenges. [♥ Speak Honest ♥ Secure Communication for Women,](#)

STEP # 4: Schedule some "me" time. Block out time in your daily routine to reflect on the guide and implement the steps.

STEP # 5: Celebrate your discoveries and progress. Remember, changing patterns takes time, so cherish each small victory along the way... they all count!

STEP # 6: If you're ready to dive deeper into attachment styles, communication, and building secure relationships, head to my website. You'll find my podcast, my [TEDx Talk](#), and free tools to support your journey. Explore here > www.speak-honest.com

STEP # 7: If you're ready to speed up your progress or want more personalized support, I'm here for you! My **Relationship Reboot Program** is designed to help strong, feisty, independent women like you communicate with confidence, heal attachment insecurities, and build the secure relationships you deserve.



REWIRING YOUR DANCE

Welcome to an important step in your journey of self-discovery and transformation. Have you ever wondered if it's really possible to change the way you connect with others and experience relationships? The answer lies in something incredible called neuroplasticity.

What is Neuroplasticity?

Neuroplasticity is your brain's ability to rewire itself based on your experiences, thoughts, and emotions. For a long time, people thought the brain was set in stone after childhood, but we now know that's not true. Your brain can create new pathways and reshape old ones throughout your entire life. That's how we learn new skills, recover from challenges, and even transform the way we relate to others.

Why Does Neuroplasticity Matter for Attachment Styles?

Every interaction you have, every emotional response you feel, and every decision you make in your relationships can literally change your brain. If you feel stuck in frustrating or unsatisfying relationship patterns—what I like to call a challenging dance—here's the good news. You can learn new steps and change the dance altogether.

How Does Neuroplasticity Work in Practice?

Imagine your brain as a dance floor. The steps you take the most, your habitual thoughts, feelings, and reactions, create well-worn paths across that floor. Those paths are your neural pathways. The more you repeat a pattern, the stronger that path becomes, making it easier to use again.

But here's the magic. You can create new paths. By practicing different responses, trying new steps, and showing up differently in your relationships, you begin to rewrite those patterns. Over time, those old, unhelpful pathways start to fade, and the new ones take their place as your default.

THE POWER OF NEUROPLASTICITY

But what if you could create new pathways? What if you could make these new pathways so strong that they become your new default ways of reacting? Here's how:

1. **Awareness:** The first step is to become aware of your current dance. Notice the patterns that dominate your relationships.
2. **Intention:** Decide what new steps you want to learn. What healthier patterns do you wish to establish?
3. **Practice:** Just like learning to dance, changing neural pathways takes practice. Each time you catch yourself following the old pattern, pause, and choose a new action that aligns with the pattern you want to create.
4. **Reinforcement:** Reinforce your new pathways with positive feedback. Celebrate your successes, no matter how small, and remind yourself of the benefits your new patterns are bringing into your life.

Empowering Yourself to Change

Understanding neuroplasticity is empowering because it puts you in the driver's seat of your mental and emotional health. It tells you that no matter your past experiences or current struggles, change is possible. You are not stuck with the dance you know; you can choreograph something new, something beautifully yours.

By embracing the principles of neuroplasticity, you are not just learning about yourself; you are actively shaping the way your brain works. This is the true power of understanding and leveraging neuroplasticity in your relationships.

Now, let's apply this empowering knowledge to understanding the specific dances of attachment styles. As we dive into each attachment style, keep in mind that you have the capacity to transform your relational dynamics. This next section will guide you through each style, helping you identify which dance you resonate with most and how you can start to learn new moves to enhance your relational choreography.

SECURE ATTACHMENT



Welcome to the world of the Smooth Waltz, where relationships are danced with confidence, warmth, and resilience. Individuals with a secure attachment style enjoy close connections, are comfortable with intimacy, and handle conflicts with grace. They navigate the rhythms of relationships with a steady beat, making them reliable and supportive partners.

Secure attachment typically develops from consistent, responsive caregiving in childhood. Early experiences of trust and safety teach that relationships are dependable and that open communication is essential. These individuals grow up with the belief that intimacy is a natural and positive aspect of relationships, and that conflicts can be resolved constructively.

Their foundational trust and balanced perspective on independence and togetherness allow them to support partners empathetically and encourage mutual growth. Securely attached individuals value both their own and their partner's independence, enriching their relationships and making them sustainable.

By understanding the roots of secure attachment, you can begin to incorporate its healthy dynamics into your own relationships, reinforcing secure traits or nurturing new ones.

THE SMOOTH WALTZ

Understanding Secure Attachment:

- **Key Features:**

- **Trust and Openness:** Securely attached individuals naturally trust others and are open in expressing their emotions. They don't shy away from discussing their feelings and are comfortable with vulnerability.
- **Balanced Independence:** While they value close relationships, they also maintain a healthy sense of independence. This balance allows them to support their partners without becoming overly dependent or encroaching on each other's space.
- **Conflict Resolution:** They handle conflicts constructively, viewing them as opportunities for growth rather than threats. Their approach typically leads to resolutions that strengthen relationships rather than weaken them.

Strategies for Enhancement:

- **For the Securely Attached:**

- Continue to cultivate your emotional intelligence by regularly reflecting on your interactions and their outcomes.
- Engage in open and honest communication regularly, not just when issues arise, to maintain the health of your relationships.

- **For Aspiring Secures:**

- Practice expressing your needs and feelings clearly and respectfully, even in low-stakes situations, to build comfort with vulnerability.
- Work on developing trust in relationships by being consistent in your actions and words, and by choosing to believe in the reliability of others unless proven otherwise.

JOURNAL PROMPTS

Reflect on a Recent Interaction: Think about a recent interaction where you felt comfortable and connected. What did you and the other person do to contribute to this positive outcome?

Conflict Reflection: Recall a recent conflict you experienced. How did you approach it? What worked well, and what might you do differently next time to further improve the outcome?

Future Goals: What are one or two traits of secure attachment you admire and wish to develop further? Outline some steps you might take to work on these traits in your daily interactions.

ANXIOUS ATTACHMENT



Step into the vibrant yet intense world of the Salsa of Uncertainty, where the dance is driven by a fervent desire for closeness and an underlying fear of abandonment. Individuals with an anxious attachment style often find themselves caught in a rhythm of seeking approval and reassurance, fearing that any misstep might end the dance prematurely.

This attachment style typically emerges from inconsistent caregiving in childhood, where responses from primary caregivers were unpredictable—sometimes attentive, sometimes neglectful—leading to a constant state of alertness and uncertainty about receiving love and support.

Anxiously attached individuals crave continuous validation from their partners and may interpret even minor actions as signs of waning interest or affection. This heightened sensitivity can lead to clinginess, a high level of emotional expressiveness, and sometimes overwhelming feelings of insecurity. These reactions often stem from deep-seated fears that they are not enough, and that they must work hard to keep their partner's love.

SALSA OF UNCERTAINTY

Understanding Anxious Attachment:

Key Features:

1. **High Sensitivity to Partner's Cues:** Anxiously attached individuals are extremely sensitive to their partner's mood changes and behaviors, often reading into them deeply to gauge the security of the relationship.
2. **Fear of Abandonment:** This attachment style is marked by a persistent fear that loved ones will leave or lose interest. This fear can prompt preemptive actions to try to keep the partner close.
3. **Need for Reassurance:** People with anxious attachment require frequent validation and reassurance from their partners to feel secure. Without it, they may feel unworthy or unloved.

Strategies:

1. **Strengthen Self-Esteem:** Work on building your self-worth independently of your relationships. Engage in activities and pursuits that make you feel competent and happy, reinforcing your value outside of how others perceive you.
2. **Learn Self-Soothing:** Develop strategies to manage anxiety that do not involve your partner. This could include mindfulness, meditation, exercise, or therapy. Effective self-soothing techniques can reduce the impulse to seek constant reassurance.
3. **Develop Awareness:** Recognize patterns of anxiety-driven behaviors. Awareness is the first step toward change, enabling you to catch and adjust your reactions in real-time.
4. **Therapy or Coaching:** Consider seeking help from a professional who can guide you through understanding and reshaping your attachment style. Therapy can provide a safe space to explore the roots of your fears and learn new relational skills.

JOURNAL PROMPTS

Reflect on Your Reactions: Think about a recent situation where you felt anxious or insecure in your relationship. What was the trigger? How did you respond, and how did it affect your interaction with your partner?

Understanding Needs: What do you feel you need most from your partner when you are feeling insecure? How can you communicate these needs in a way that is healthy and not overwhelming for your partner?

Self-Soothing Techniques: Identify and write about one self-soothing technique you can use when you feel anxiety creeping into your interactions. How might this change the outcome next time?

AVOIDANT ATTACHMENT



Enter the world of the Solo Tango, where the dance is defined by a delicate balance of passion and precision, yet performed largely in solitude. Individuals with an avoidant attachment style value their independence and self-sufficiency highly, often at the expense of closeness and intimacy. This attachment style usually develops from childhood environments where autonomy was not just encouraged but demanded, and emotional expression was often discouraged or outright ignored.

In these childhood settings, caregivers may have been emotionally unavailable or unresponsive to the child's needs. Such experiences teach the child to rely solely on themselves and to minimize their emotional needs, as expressing these needs might have been met with rejection or indifference. As a result, avoidant individuals learn early on to disconnect from their emotions and to value self-reliance above all, viewing relationships as potential threats to their independence.

Avoidants often see themselves as lone wolves, capable of navigating life's challenges without needing to lean on others. They maintain their personal space and minimize dependency, equating vulnerability with weakness. This mindset leads them to push away when relationships demand greater emotional closeness or when situations become too personally demanding, making their relational dance seem isolated and detached.

SOLO TANGO

Understanding Avoidant Attachment

Key Features:

1. **Emotional Distance:** They prioritize independence over intimacy, often using emotional distance as a protective barrier against vulnerability.
2. **Self-Reliance:** Highly value self-reliance and personal space, sometimes to the extent of appearing aloof or uncaring.
3. **Dismissal of Emotions:** Tend to dismiss or suppress their emotions, which can make them seem cold or detached.
4. **Conflict Avoidance:** They might avoid deep conversations and emotional confrontations, as these situations trigger discomfort and vulnerability.

Strategies:

1. **Acknowledge Your Feelings:** Begin by recognizing and accepting your emotions. Understanding that feelings are normal and can be expressed without loss of autonomy is crucial.
2. **Challenge Your Walls:** Gradually challenge the walls you've built around intimacy. Small steps like sharing personal thoughts or feelings can help ease the process.
3. **Practice Vulnerability:** Start with low-risk situations to practice vulnerability. Share something personal with a trusted friend or partner and observe their supportive responses.
4. **Improve Communication:** Work on your communication skills, specifically how to express needs and emotions clearly. This can enhance your connections and reduce misunderstandings.
5. **Therapy or Relationship Coaching:** Engaging with a professional can provide insights into your attachment style and offer new strategies to foster closeness and manage fears of dependency.

JOURNAL PROMPTS

Moment of Distance: Reflect on a recent moment when you felt the need to pull away from someone. What triggered this reaction?

Emotional Awareness: Describe a situation where expressing your emotions could have improved the outcome. What held you back?

Future Steps: What are one or two ways you can begin to break down your barriers to intimacy? List specific actions you can take.

DISORGANIZED ATTACHMENT



Step into the chaotic world of the Pendulum Swing Dance, where the rhythm is unpredictable and the steps are often out of sync. Individuals with a disorganized attachment style exhibit a confusing mix of behaviors that oscillate between seeking closeness and distancing themselves, creating a dance that is both intense and unstable. This pattern typically emerges from childhood environments marked by trauma, unpredictability, or fear within caregiver relationships.

In such environments, caregivers might have been sources of both comfort and fear, leading to profound confusion and mixed signals. For example, a parent may have oscillated between warmth and hostility, or been emotionally present at times but deeply distressed or frightening at others. These conflicting experiences fail to provide a coherent strategy for relational security, leading children to grow up with an approach-avoidance conflict—they desire closeness but simultaneously fear it, not knowing if it brings safety or pain.

As adults, this leads to a dance of attachment where steps are not clearly defined, and movements can seem abrupt or contradictory. The lack of a clear relational strategy means that individuals with disorganized attachment often struggle with maintaining stable relationships. They may want intimacy but react with fear or anger when it becomes too real, resulting in relationships that can appear chaotic or fraught with misunderstandings.

PENDULUM SWING DANCE

Understanding Disorganized Attachment

Key Features:

1. **Contradictory Behaviors:** They may seek intimacy and affection one moment and then abruptly withdraw or act aggressively the next, without clear reasoning.
2. **Difficulty Managing Emotions:** Individuals often display heightened emotional responses and have a hard time regulating them, leading to abrupt mood swings.
3. **Distrust and Fear:** There is a profound distrust in relationships, combined with a fear of abandonment as well as a fear of getting too emotionally involved.
4. **Challenges with Self-Image:** Often possess a negative self-image and may struggle with feelings of unworthiness or inadequacy.

Strategies:

1. **Seek Consistency:** Work towards creating and maintaining consistent and predictable behaviors in relationships to build trust—both in yourself and in others.
2. **Develop Emotional Awareness:** Practice identifying and understanding your emotions, especially in heightened moments. This can involve techniques like mindfulness or journaling.
3. **Therapy or Coaching:** Engaging in trauma-informed therapy or coaching can be essential for those with disorganized attachment, as both provide valuable support in understanding and managing complex behaviors. These professionals help develop effective strategies for healthier relationships, tailoring their approach to your specific attachment needs.
4. **Strengthen Communication Skills:** Focus on enhancing your ability to communicate your needs and emotions clearly and constructively, without the fear of negative outcomes.

JOURNAL PROMPTS

Reflect on Your Emotional Triggers: Identify a recent incident where you felt a strong emotional swing. What triggered it? How did you react, and what was the outcome?

Exploring Desires for Closeness: Think about a time when you desired closeness but reacted by pushing someone away. What were you feeling at that moment?

Imagining a Secure Relationship: What does a secure and stable relationship look like to you? Describe it in detail, including how conflicts are handled and emotional needs are met.

NEXT STEPS

Looking for More Support?

As your go-to relationship coach, I'm dedicated to helping you heal, grow, and create stronger, more fulfilling relationships. With yourself and with others. Whether you're looking to improve your self-awareness, enhance your communication skills, or break through old attachment patterns to build healthier, more authentic connections, I'm here to guide you every step of the way.

If you're ready to take your personal growth to the next level, I offer a FREE Attachment Assessment to see if we're a good fit to work together. During this call, we'll explore your unique needs and create a personalized plan to help you achieve your relationship goals. Let's work together to build the life and relationships you truly desire, starting with the most important relationship of all: the one with yourself.

- [Click here](#) to schedule your FREE Attachment Assessment
- [Click here](#) to learn more about the Relationship Reboot Program
- [Click here](#) to visit speak-honest.com
- [Click here](#) to listen to the Speak Honest Podcast
- [Click here](#) to join our FREE Facebook group
- [Click here](#) to find out YOUR attachment style



COMMUNITY VOICES



Amanda
Relationship Reboot Member



"Thank you SO much for all of your guidance, patience, and support throughout this journey. I know that these 12 weeks have been quite the experience for you as well - and you DID IT! You ran a successful 12-week program and have forever changed the lives of those in the group. I am so grateful for the opportunity to be part of this amazing group and to continue your teachings for years to come. My relationships with my friends and family are so much healthier - but more importantly, the relationship with myself and the little me inside has been restored."



Jessica
Private Coaching Client



"Working with Jennifer has been the biggest breakthrough as far as my healing journey goes. I truly look forward to her calls as her wisdom, dedication and empathy are all so heartwarming. She really takes the time to get to know you and your situation. She's not afraid to continue asking those probing questions to get to the true core of an issue. She is honest and heartfelt. She will be your biggest support and cheerleader. I enjoyed our time working together and would highly recommend her services. "



Joanne
Relationship Reboot Member



"I had the huge privilege of working with Jenn. I can confidently say that Jenn has taught me a way of relating to other people that will stay with me forever. The biggest turning point for me was discovering the transformative power of the exercises in this toolkit. After a lifetime of feeling like there was something wrong with me, and an adulthood of seeking therapies and teachings to try to help with this, Jenn has delivered a way of feeling safety and security. Jenn demonstrated how to dig deep to find the narratives that were running my subconscious and conscious behaviours."

COMMUNITY VOICES



Thais Gibson

★ Admin

This is so incredible and inspiring and yes, YOU did do that haha 😊 (That part actually made me laugh out loud when I read it bc I was thinking that at the same time).

What a beautiful post and incredible talk. You are amazing and thank you for sharing your inspiring journey with our community. You should be incredibly proud of all the ways that you have transformed your life and touched the lives of so many others around you. ❤️



@jalight27 · 11d ago

Thank you. Watching a lot of these with my wife, I'm avoidant, she's disorganized, we're both audhd. It's a wild ride sometimes, but there's no one I'd rather spend my life with so thank you and those in this sphere. It's opened our minds a bit more and already changed the understanding of each other, even after all these years together.



Jenn!!! Oh my goodness! I printed out and went through this workbook yesterday and OH MY GOODNESS! I wish I found you earlier in life! This was truly amazing and you are a truly remarkable, blessed woman. Thank you so much!!! ❤️❤️❤️❤️❤️❤️❤️❤️❤️



Amanda Richardson

Ha! No way! We absolutely adore you and the group and the support has been a life-changing experience



Lynette Mauro

This is SO exciting! Thank you So so much Jenn. You truly are a God Given Gift to me and I so needed you in my life. I am so grateful for you! ❤️❤️❤️ And I really appreciate and look forward to these support sessions. Cant wait to chat more with you soon and schedule another session.

3h Like Reply

Best podcast on relationships e... Mon

★★★★★

Div_2024

Thank you Jenn for sharing your wisdom! Absolutely love listening to each of your episodes ❤️



Jan 20 · 📅

Took the attachment style quiz - I am dancing the salsa of uncertainty.



Dec 14, 2024 · 👤

I just want to share a win hubby came to me yesterday and just randomly held the mistletoe I bought and gave me a kiss it meant the world to me and then he also brought me coffee ☕ this morning in bed that was huge. I am so grateful for the tips and tricks from Jenn thank you so much for all the help 🥰❤️



I really love your work ... obviously need to plug in completely!!!

feels like I'm listening to a friend Mon

★★★★★

AmandaG2652

Doesn't matter how you view your relationship or even if you are in one- so many great points and ideas from this podcast. Totally recommend!

ABOUT THE AUTHOR & DISCLAIMER

Jenn Noble is an ICF-Accredited Relationship Coach (ACC) with certifications in Integrated Attachment Theory, Neurolinguistic Programming, Life Coaching, Relationship and Dating Coaching, and Compassionate Inquiry.

Jenn's passion for helping women stems from her own struggles with disorganized attachment. After years of feeling stuck in unhealthy patterns, she discovered the tools and strategies that transformed her relationships. Now, she shares these insights with others, helping hundreds of women build healthier, more fulfilling relationships through clear communication, emotional healing, and secure connection.

Her expertise was featured in her TEDx talk, "Do Attachment Styles Determine the Dance of Our Relationships?" where she introduced the concept of relationships as dances shaped by attachment styles.

Through her coaching programs, podcast, workshops, and resources, Jenn combines proven strategies with warmth and empathy to guide women toward lasting change.

Outside of her work, Jenn is a proud mom to her 13-year-old son and recently celebrated her marriage in July 2023. Her personal experiences deepen her understanding and connection with the women she supports every day.

Disclaimer

The information in this workbook is intended to provide helpful insights but is not a substitute for medical advice or treatment. For diagnosis or treatment, consult a qualified physician. References and links are for informational purposes only and may change over time.