**VOCABULARY – Attachment Style**

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| **ENGLISH** | **TRANSLATION** | **ENGLISH** | **TRANSLATION** |
| **to dare** |  | **to keep\bare sth in mind**  |  |
| **to be abandoned** |  | **extent** |  |
| **reluctant** |  | **particularly** |  |
| **intimate** |  | **to tend to** |  |
| **relate to sb** |  | **to cuddle** |  |
| **attachment** |  | **compassion** |  |
| **pattern of sth** |  | **let sb down** |  |
| **whereby**  |  | **removal** |  |
| **anxious** |  | **fear-laden** |  |
| **to long to do sth** |  | **ill-tempered** |  |
| **counter-productive** |  | **nagging** |  |
| **avoidant** |  | **accusation** |  |
| **solitary** |  | **underlying** |  |
| **emotional withdrawal** |  | **longing for sth** |  |
| **sth is rarely of much use** |  | **reassurance** |  |
| **momentous** |  | **mean \ meanness** |  |
| **exception** |  | **maintain** |  |
| **predominantly**  |  | **equilibrium** |  |
| **deploy** |  | **demented** |  |
| **to fall into a trap** |  | **trigger** |  |
| **secure** |  | **tread lightly** |  |
| **to complicate matters** |  | **freak \ freakish** |  |
| **propensity** |  | **grasp sth** |  |
| **to aggravate** |  | **considerable** |  |
| **insecurity** |  | **schooling** |  |
| **defence** |  | **stand a chance** |  |

<https://www.youtube.com/watch?v=2s9ACDMcpjA>

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**VOCABULARY – Fill the Gaps**

**ill-tempered, propensity, predominantly, abandoned, stand, anxious, reluctant, intimate, freakish, tread, equilibrium, nagging, aggravate, fear-laden, longing, cuddles**

1. You should know which of the three attachment categories you **\_\_\_\_\_\_\_\_\_\_\_\_\_** belong to.
2. I don’t worry about being **\_\_\_\_\_\_\_\_\_\_\_\_\_** or about someone getting too close to me.
3. I find that others are **\_\_\_\_\_\_\_\_\_\_\_\_\_** to get as close as I would like.\*
4. Others want me to be more **\_\_\_\_\_\_\_\_\_\_\_\_\_** than I feel comfortable being.
5. We have an above average **\_\_\_\_\_\_\_\_\_\_\_\_\_** to fall in love with someone from the other damaged side.
6. Thereby we **\_\_\_\_\_\_\_\_\_\_\_\_\_** our insecurities and defences in the process.
7. Recognise how nervous you will be around **\_\_\_\_\_\_\_\_\_\_\_\_\_** and kissing.
8. You are ruining the present by bringing to it **\_\_\_\_\_\_\_\_\_\_\_\_\_** dynamics that don’t belong there.
9. Your partner is being aggressive and **\_\_\_\_\_\_\_\_\_\_\_\_\_** with you for no reason.
10. Look beneath their **\_\_\_\_\_\_\_\_\_\_\_\_\_** and their accusations and believe in their underlying goodwill.
11. When your partner attacks you, see their **\_\_\_\_\_\_\_\_\_\_\_\_\_** for love.
12. Your partner distance isn’t meanness, it’s their way of maintaining **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
13. You need to **\_\_\_\_\_\_\_\_\_\_\_\_\_** lightly, and to be a little distant in requesting closeness.
14. The partner isn’t mean or **\_\_\_\_\_\_\_\_\_\_\_\_\_**; merely damaged – as are you.
15. If we are either avoidant or **\_\_\_\_\_\_\_\_\_\_\_\_\_**, we will need considerable emotional schooling,
16. to get out of scratchy patterns and **\_\_\_\_\_\_\_\_\_\_\_\_\_** a chance of building up a good enough relationship.

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**1.Answers**

1. You should know which of the three attachment categories you predominantly belong to.
2. I don’t worry about being abandoned or about someone getting too close to me.
3. I find that others are reluctant to get as close as I would like.
4. Others want me to be more intimate than I feel comfortable being.
5. We have an above average propensity to fall in love with someone from the other damaged side.
6. Thereby we aggravate our insecurities and defences in the process.
7. Recognise how nervous you will be around cuddle and kissing.
8. You are ruining the present by bringing to it fear-laden dynamics that don’t belong there.
9. Your partner is being aggressive and ill-tempered with you for no reason.
10. Look beneath their nagging and their accusations and believe in their underlying goodwill.
11. When your partner attacks you, see their longing for love.
12. Your partner distance isn’t meanness, it’s their way of maintaining equilibrium.
13. You need to tread lightly, and to be a little distant in requesting closeness.
14. The partner isn’t mean or freakish; merely damaged – as are you.
15. If we are either avoidant or anxious, we will need considerable emotional schooling,
16. to get out of scratchy patterns and stand a chance of building up a good enough relationship.

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