

Person with primary fear of
Abandonment

I can't count on you

You are not there for me

I feel all alone

I fear that you are going to
leave me

It seems like what I want or
need isn't important to you

Person with primary fear of
Engulfment

I fear that if I get close to you that
you will criticize or control me

I feel like I need my space

I feel like I could lose myself in this
relationship

I feel like you are far more in control
of the relationship or trying to get
more control of the relationship

I feel overwhelmed by your needs
or reactivity

