

From Miscommunication to Connection:

Navigating Attachment Styles

Communication is a keystone value for maintaining integrity in our many relationships, whether peer, pal, parental or partner. If a breakdown of communication occurs, during a disagreement, for instance, it's challenging to hear others or be heard ourselves. Of course, nonverbal body language is a key player, but another, less-considered personal characteristic also plays a role in communication: Our attachment styles.

Attachment styles form in early childhood based on interactions with primary caregivers. The four attachment styles (secure, anxious, avoidant and disorganized) shape how we perceive safety and connection within relationships.

During moments of heightened emotion, your main attachment style may prevent you from truly hearing another's intentions. It could also obscure your own intentions behind coping or defense mechanisms, such as denial or projection. Let's take a look at examples of messages and how they might be misinterpreted.

What was said: *"I need some space."*

Attachment Style	What Was Heard
Secure	<i>"They just need time; we'll work this out."</i>
Anxious	<i>"They're pulling away because they don't like/love me anymore."</i>
Avoidant	<i>"They're trying to control this situation. I need to protect my independence."</i>
Disorganized	<i>"They'll leave if I give space, but if I don't give space, they'll reject me for not respecting them."</i>

What was said: *"Are you listening to me?"*

Attachment Style	What Was Heard
Secure	<i>"There's a disconnect here and we need better communication."</i>
Anxious	<i>"I'm failing them; they're upset with me as a person."</i>
Avoidant	<i>"They're attacking me; I need to defend myself or withdraw."</i>
Disorganized	<i>"I want to fix this but if I do, they'll reject me."</i>

What was said: *"Can we let this go?"*

Attachment Style	What Was Heard
Secure	<i>"This probably isn't worth fighting over. Let's find peace and move forward."</i>
Anxious	<i>"My feelings don't matter to them."</i>
Avoidant	<i>"They're trying to control my emotions; I need to shut down."</i>
Disorganized	<i>"If I let this go, they'll think I don't care. If I push them, they'll leave me."</i>

Did any of those responses feel familiar? If so, you're not alone. Everyone has a leading attachment style — and everyone must find ways to sort through automatic reactions.

Clearly, secure attachment styles are the healthiest for you and others. If you've noticed your attachment style closely resembles anxious, avoidant or disorganized attachment — but you want to become more secure — you have the power to change. Changing an attachment style involves building self-awareness, practicing emotional regulation and forming healthy, trusting relationships. Sometimes, therapy or intentional relational experiences support this self-work.

By understanding how attachment styles develop and actively working toward secure patterns, we can create healthier, more fulfilling relationships.

"Understanding the Four Attachment Styles in a Relationship," Utah State University Extension, extension.usu.edu, accessed Jan. 13, 2026.

"Adult Attachment Theory and Research: A Brief Overview," R. Chris Fraley, University of Illinois Urbana-Champaign, labs.psychology.illinois.edu, accessed Jan. 13, 2026.

EATING TO SUPPORT HEALTHY HAIR

What we eat plays a powerful role in the health, strength and growth of our hair. A lack of key nutrients in our daily diets may slow hair growth or even lead to hair loss. Before turning to supplements, most experts recommend focusing on whole foods that provide these nutrients naturally. Here are some of the best foods shown to boost healthy hair growth and the reasons why they may help.

Eggs: Protein, Biotin and Essential Minerals

Hair is made primarily of protein, and eggs deliver a complete, high-quality source. They are also rich in biotin, which is essential for the production of keratin. Eggs also contain zinc and selenium which are minerals that support scalp and hair follicle health.

Berries: Vitamin C and Antioxidants

Berries offer vitamin C, a key antioxidant that helps our bodies produce collagen. Collagen plays a role in strengthening hair and preventing breakage, from daily practices like brushing, heat-drying or styling. Vitamin C also helps our bodies absorb iron, an important mineral that supports healthy hair growth.

Spinach and Leafy Greens: Iron, Folate, Vitamins A and C

Spinach is packed with nutrients crucial for hair health. Spinach provides iron, folate and vitamins A and C, making it a powerhouse food for supporting strong hair. Iron helps carry oxygen to hair follicles, encouraging growth.

Sweet Potatoes and Bright Vegetables: Beta-Carotene and Vitamin A

Sweet potatoes contain beta-carotene, which the body converts into vitamin A. This vitamin supports the production of sebum — the scalp's natural oil. Vitamin A may help increase hair growth while supporting a well-nourished scalp.

Fatty Fish: Omega-3s and Vitamin D

Fatty fish, such as salmon, mackerel and herring contain omega-3 fatty acids and protein, which boost hair density. Many fatty fish also contain vitamin D, another nutrient linked to healthy hair follicles.

Avocados: Healthy Fats and Vitamin E

Avocados supply healthy fats that support scalp moisture and shine. They are also rich in vitamin E, protecting our scalps from oxidative stress and damage. Since oxidative stress can lead to weaker hair and hair loss, vitamin E-rich foods may help support healthier strands.

Nuts and Seeds: Zinc, Selenium, Vitamin E and Plant-Based Fats

Nuts and seeds offer a mix of hair-supporting nutrients. Flax, chia, walnuts and sunflower seeds all provide vitamin E along with essential minerals such as zinc and selenium. A deficiency in these minerals has been linked to hair loss.

Beans and Legumes: Plant-Based Protein and Essential Minerals

For those who follow a plant-forward diet, beans are an excellent option for protein and essential minerals. Beans are a great plant-based source of protein and they offer iron, zinc, and biotin. These nutrients support strong, healthy hair and may help prevent thinning.

Savory Sweet Potato Black Bean Burgers

Makes: 6 | Prep Time: 5 minutes | Cook Time: 35 minutes | Total Time: 40 minutes

- 1 large sweet potato, peeled and cut into four large chunks
- 1 15-ounce can black beans, drained and rinsed
- 1 small red onion, diced
- 1/3 cup fresh cilantro, chopped
- 1/2 cup quick-cooking oats
- 1/2 tablespoon cumin
- 1 teaspoon smoked paprika
- 1 teaspoon coriander
- Sea salt to taste
- Optional Toppings: avocado, tomato, bun of choice
- Optional Sauce: spicy aioli (2 tablespoons of mayo + equal parts of: sriracha, lemon juice, smoked paprika to taste)

1. Preheat your oven to 400°F.
2. Peel and roughly chop the sweet potato into four large pieces.
3. In a medium saucepan, cover the sweet potato chunks with water and bring them to a boil. Reduce the heat and cook the sweet potato for 15 minutes or until fork-tender.
4. Drain the water from the saucepan and mash the potatoes with a fork or potato masher.
5. In a large bowl, mix all ingredients together.
6. Using a measuring cup, scoop equal portions of the mix into your hands one at a time. Form patties by gently compressing and turning the mix until you have a shape you like.
7. On a lined baking sheet, bake the patties for 20 minutes.
8. Enjoy a patty with the toppings you prefer, such as a toasted bun, fresh avocado slices, sliced tomato and a smear of homemade spicy aioli!
9. The patties can be kept in the fridge for five days or frozen for up to three months.

Nutrition Information

Serving: 1 patty Calories: 150 Carbohydrates: 30g Protein: 7g Fat: 1g Fiber: 8g Sugar: 4g

Recipe adapted from [wellnessdove.com](https://www.wellnessdove.com)

¹12 Best Foods for Hair Growth," Healthline, [healthline.com](https://www.healthline.com). Accessed December 9, 2025.

²"Food for Hair Growth: What You Should Be Eating," Cleveland Clinic, [health.clevelandclinic.org](https://www.clevelandclinic.org). Accessed December 9, 2025.

