SECURE ATTACHMENT AND SHAME

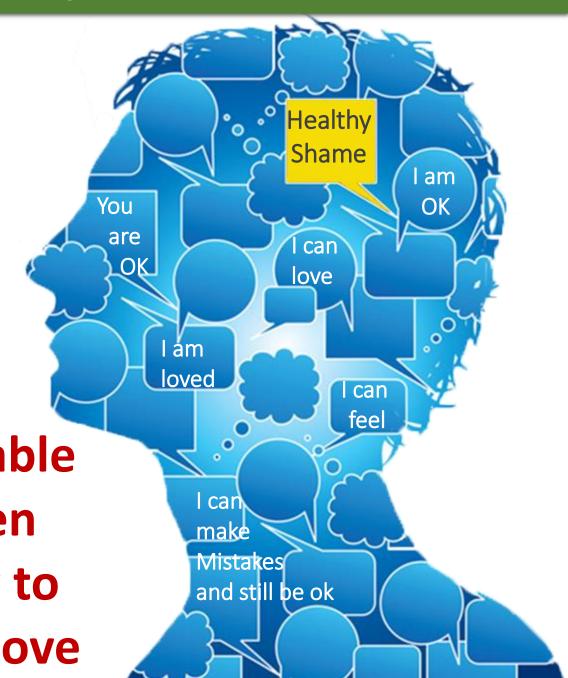
INTERNAL WORKING MODEL

- I am accepted as I am
- Ruptures can be repaired
- I can make mistakes and still be forgiven
- I can share my emotions
- I do feel shame, but it's not toxic



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Love is available
Love is given
I am worthy to
receive that love



INSECURE AVOIDANT ATTACHMENT AND SHAME

INTERNAL WORKING MODEL

- Needs were met practically functional
- "Get a grip"
- "Don't be needy"
- Attachment behaviour <u>DEACTIVATED</u>





INSECURE AMBIVALENT ATTACHMENT AND SHAME

INTERNAL WORKING MODEL

Love is Unpredictable

Needs met inconsistently

Attachment behaviour is HYPERACTIVATED

Preoccupied/Fearful





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DISORGANISED ATTACHMENT

