

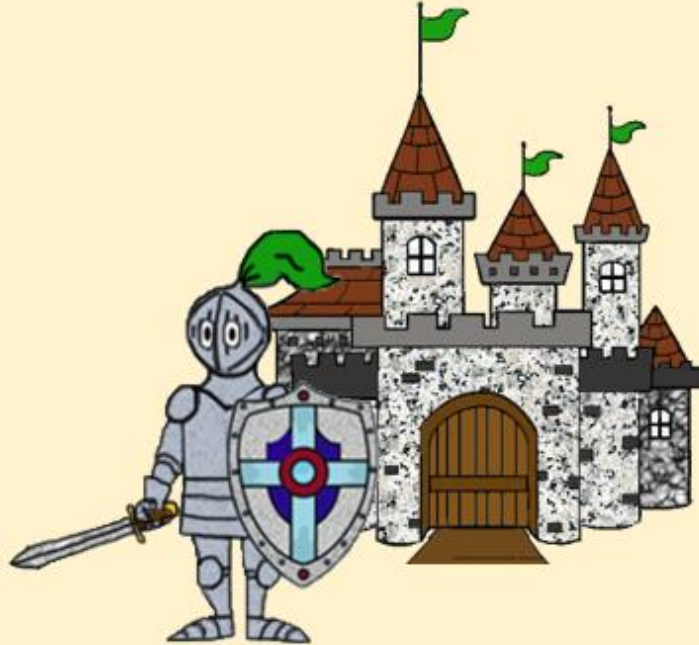
Attachment Behaviour in Childhood

Secure



- *Love is available, love is given, I am worthy to receive that love*
- I love because I am loved
- I internalise a nurturing parent
- I internalise a structuring parent
- I am empathic
- I am free to be me

Insecure-Avoidant



- *Life is D.I.Y.*
- Keep a lid on your emotions
- Get a grip
- You're on your own – deal with it
- Don't get close to people
- Don't let people in
- Hide your feelings

Insecure-Ambivalent



- *Go away – Don't leave me*
- People are unpredictable – sometimes they are there for you, sometimes not
- You must be hypervigilant
- Keep scanning – are we ok?
- You are angry with them
- You are afraid they will leave you
- Can become FEARFUL

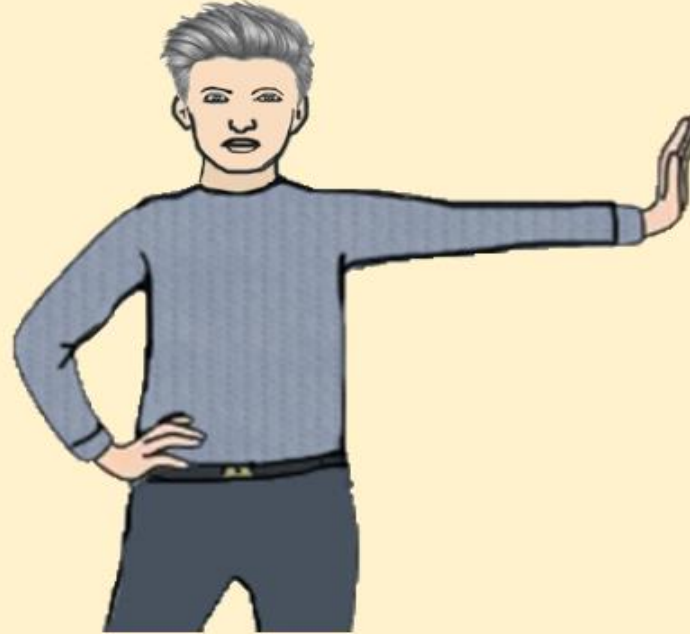
Attachment Behaviour in Adulthood

Autonomous



- I can give and receive love
- I can need and be needed
- I can be on my own and I can be intimate with others
- I can be real with my feelings

Dismissive



- I keep people at a distance
- Life is simpler on my own
- I dismiss my own needs
- I dismiss others' needs
- I am lonely

Attachment System
De-activated

Preoccupied



- I am anxious
- I still want my needs met by my parents
- I find it difficult to keep relationships

Attachment System
Hyper-activated

Go away – don't leave me
I can't live without you
Stay with me – I hate you
I can't stop thinking about you

Hold me close – I need you
But don't you dare come near me
Don't care for me – I'm fine alone
Why does no one hear me?

I'll be good, I really will
If only you will stay
But deep inside, I know for sure
One day you'll go away

