

Attachment Behaviour in Childhood

Secure

Carers are loving, present, consistent affirming, intuitive, warm, protective

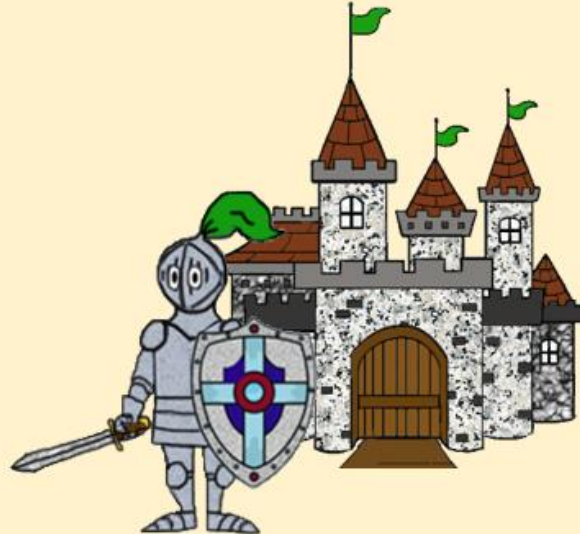


Love is available, love is given, I am worthy to receive that love

- 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

Carers are practical, functional, not touchy-feely, non-intuitive, distant



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

Carers are unpredictable, unsafe, sometimes loving, sometimes not



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

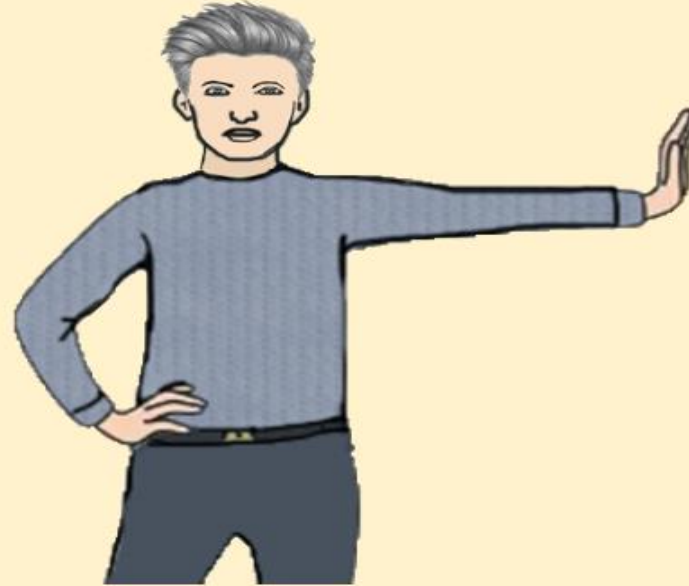
Autonomous



- 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

*Attachment System is
De-activated*



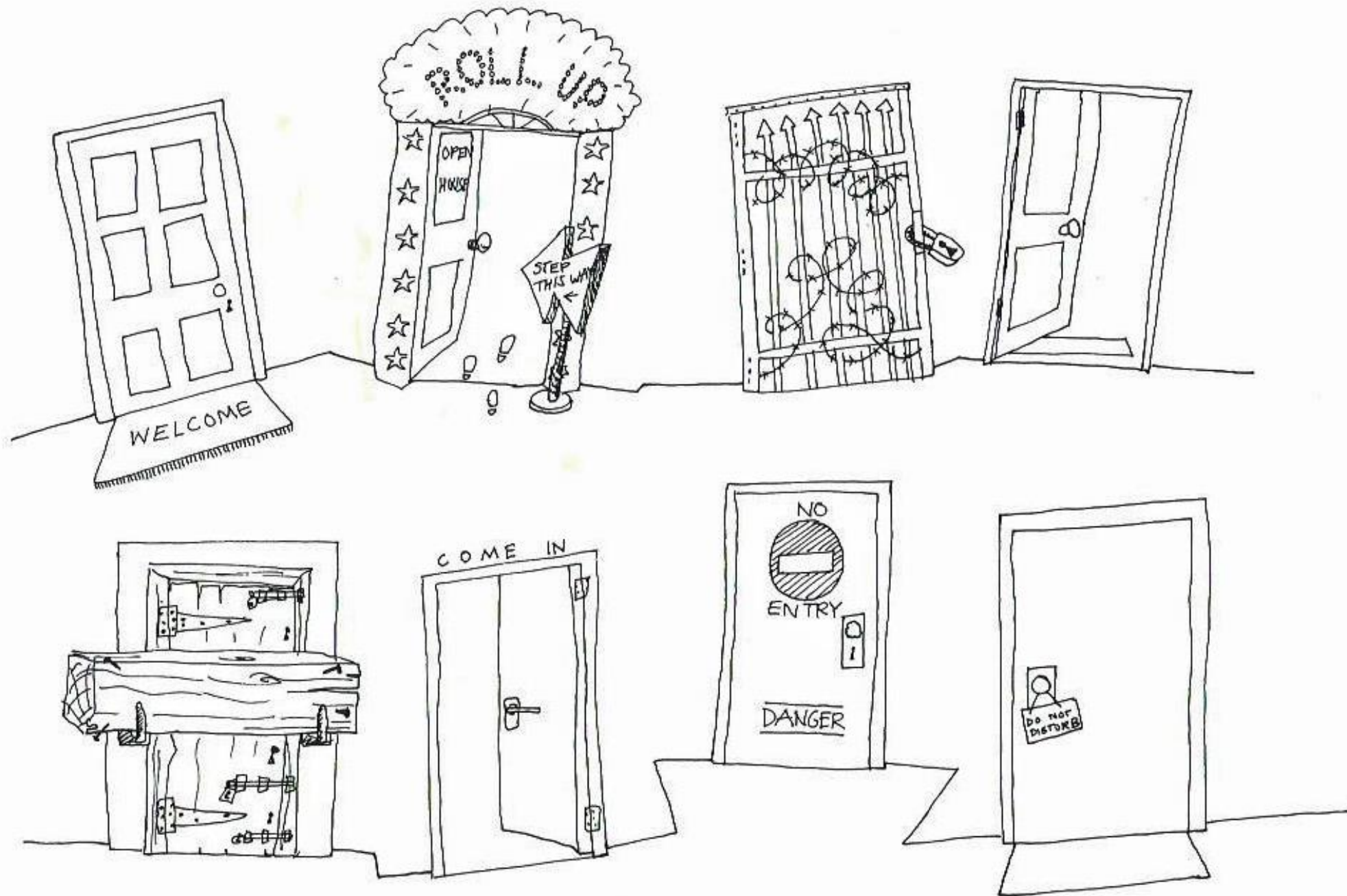
- I keep people at a distance
- Life is simpler on my own
- I dismiss my own needs
- I dismiss others' needs
- I am lonely

Preoccupied

*Attachment System
is Hyper-activated*



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



Margot Sunderland, "Draw on Your Emotions"

WHO MET MY NEEDS?

NEED FOR	MY MOTHER			MY FATHER			SOMEONE ELSE (OR A PET)			GOD/ SPIRITUAL LIFE			How am I doing now?
Give marks out of ten or percentages	As a child	As a teen	As an adult	As a child	As a teen	As an adult	As a child	As a teen	As an adult	As a child	As a teen	As an adult	
Acceptance: I am ok! <i>I'm able to be my true self</i>													
Praise: I did well! <i>I have self-belief and confidence</i>													
Appreciation: I am valued! <i>I have self-worth</i>													
Encouragement: I can do it! <i>I have self-belief / I can take risks</i>													
Emotional Security: My feelings are understood and validated													
Financial Security: I have financial support and back up													
Physical Security: I am protected from harm; my boundaries are respected													
Comfort - emotional: My feelings are empathically respected and understood													
Comfort - physical: I am safely held and soothed													
Other													

THE ADULT ATTACHMENT INTERVIEW

1. *Where were you born, did you move around much, and what did your parents do?*
2. *Describe your relationship with your parents as a young child.*
3. *5 adjectives/words that reflect your relationship with your mother.*
4. *5 adjectives/words that reflect your relationship with your father.*
5. *Which parent did you feel closest to? What was there that wasn't present in the other parent?*
6. *When you were upset as a child what did you do?*
7. *Did you ever feel rejected as a child?*
8. *Were your parents ever threatening, for discipline or even jokingly?*
9. *In general, how have your relationships with your parents affected you as an adult?*
10. *Have you had any (other) experiences you would describe as traumatic?
(Overwhelming/terrifying)*
11. *Why do you think your parents behaved as they did?*
12. *Where there any other adults to whom you were close, as a child?*
13. *Did you experience the loss of a parent or close person, as a child?*
14. *Have you lost anyone close to you in adulthood?*
15. *Where there many changes in your relationship with your parent(s) between childhood and adulthood?*
16. *How would you describe your present relationship with them?*
17. *How do you feel now when you are separated from your children?*
18. *If you had 3 wishes for your children, twenty years from now, what would they be? What kind of future would you like for them?*
19. *What, if anything, have you learned/gained from your childhood experiences?*
20. *What would you hope your children have learned from being parented by you?*