

**When you are
confused by
a client's behaviour**

**THINK
ATTACHMENT!**



Attachment is about...

**...our relationship with
people who matter to us**

**...our feelings about
being close to them**

...do I want to be, or not?

...or the loss of them

Hallmarks of Secure Attachment in Childhood

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

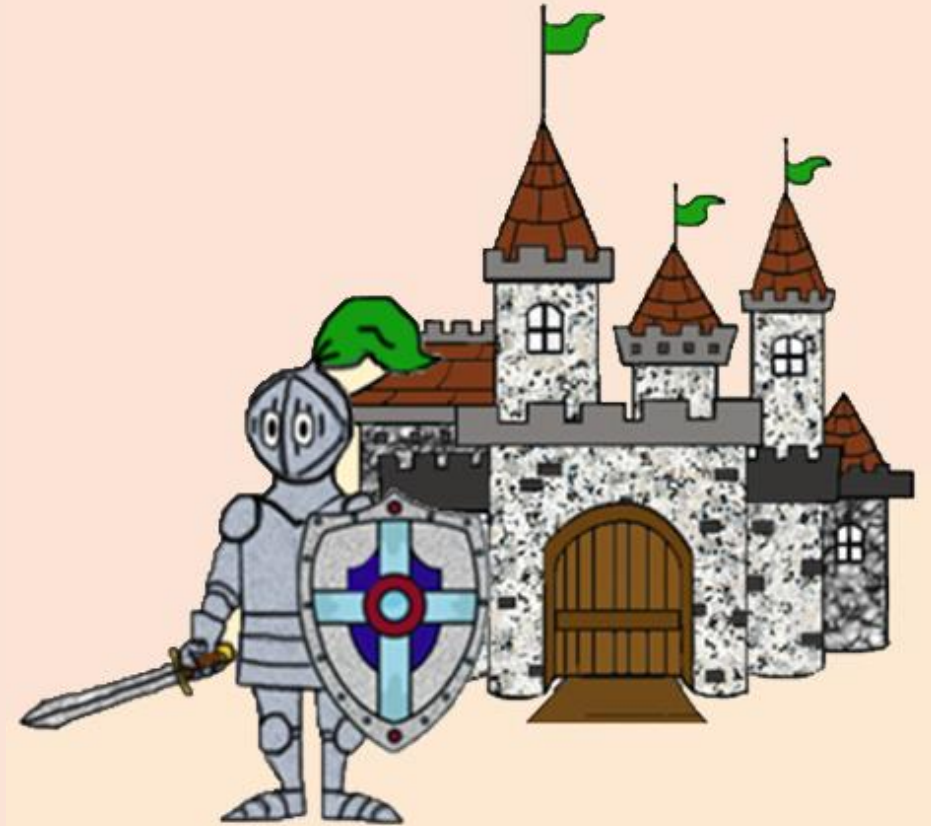


Hallmarks of Insecure Avoidant Attachment in Childhood

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



Hallmarks of Ambivalent Attachment Behaviour in Childhood

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



Disorganised Attachment

Severe Abuse

Trauma

Complex PTSD

Dissociative Identity Disorder

Borderline Personality Disorder

Mother seen as 'Frightened'
or 'Frightening'

No consistency, no secure base

No rules, no attunement

Harsh punishment



Connie Hanzhang Jin/NPR

<https://www.npr.org/>

Hold me...

Accept me...

Love me...



Touch me...

**Be there
for me...**

Fill me...

I'll be ok if...

Hold me...

Accept me...

Love me...

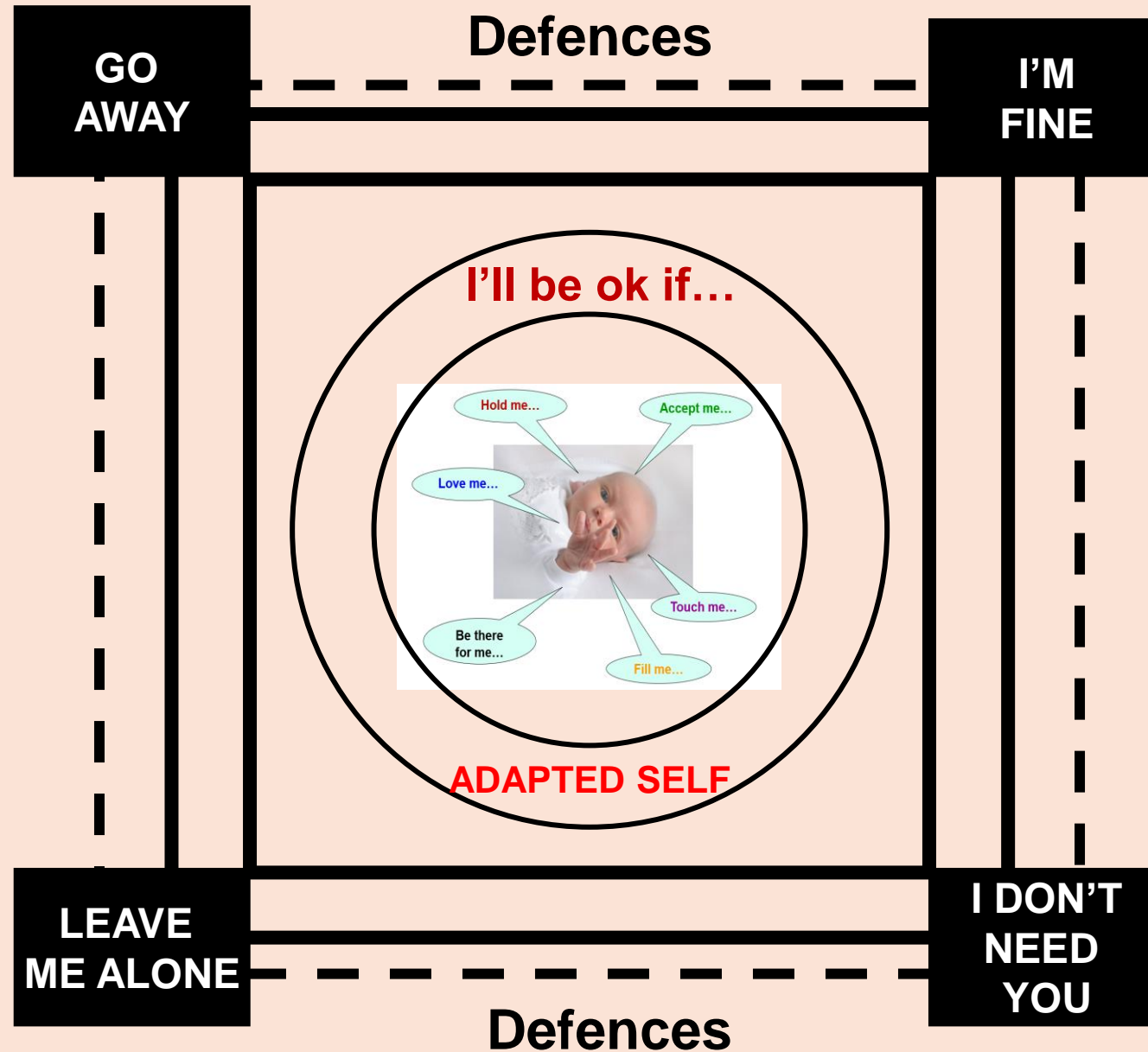
Touch me...

**Be there
for me...**

Fill me...

ADAPTED SELF

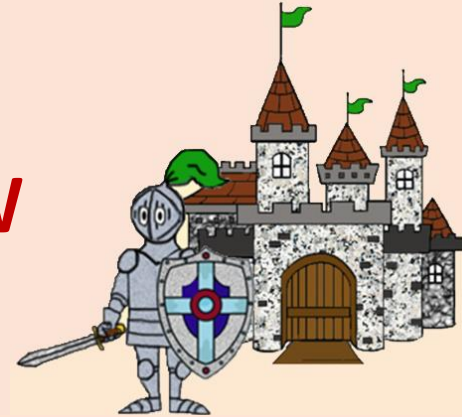




Feeling WACked...

W

Those who **WITHDRAW**
Insecure Avoidant



A

Those who **ATTACK**
Insecure Ambivalent



C

Those who **CLING**
Insecure Ambivalent

Or any combination – or all – of the above!



Those who **WITHDRAW** **Insecure Avoidant**

Can appear private... self-sufficient...
out of touch with feelings...
even “superior”...

- I don't want to be close to you
- I don't want to fight you
- I keep myself apart, in isolation
- I don't have much in common with others
- Other people don't understand me
- I build my own world
- I live in my fortress with the drawbridge up and don't let anyone in





Those who **ATTACK** Insecure Ambivalent

Can appear defensive...
aggressive... critical...

- The world is hostile
- I will not be a victim – I will fight back!
- I distrust the feelings and intentions of others
- I will rebel in any way I can
- I will reject you before you reject me
- I want to be strong and defeat my 'enemies'
- I want to protect myself
- I want revenge





Those who **CLING** **Insecure Ambivalent**

Can appear people-pleasing...
lack confidence... low self-
worth

- I have no strength myself – you are strong, I must attach myself to you to get your strength...
- Alone I am helpless. I can't sort my life out – I want to lean on you to feel safe...
- I will be 'nice', please everyone, then they will accept and support me, and I'll feel less weak and isolated...
- Deep down I'm afraid you'll reject me, but I will try and please you and win your affection...
- I have a deep need to belong. I'll do what you want, be what you want me to be, just as long as you love me in return



**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**

