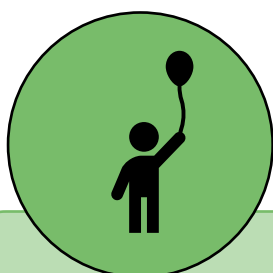




## The cycle of an Attachment style

Attachment theory refers to a how well physical and emotional needs were met during infancy and childhood, as well as the quality of early relationships developed with caregivers. This sensitivity to needs and the relationships formed can have an effect on later development. Other factors can also affect attachment, such as traumatic births, severe illnesses, bereavement of close family members or traumatic experiences.

### Secure Attachment

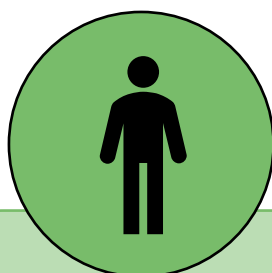


#### Children

Securely attached children might become upset when their caregivers leave.

They respond positively to contact and seek comfort when frightened.

Secure children will play freely, and are able to explore the room and toys, whilst looking back to caregivers as a secure base.



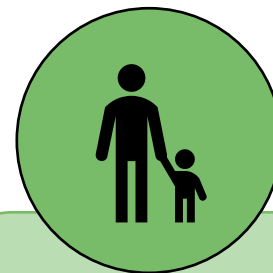
#### Adults

Secure adults show healthy and balanced behaviour in relationships.

They can be co-operative, intimate but also separate and comfortable on their own.

Conflict can be allowed and managed.

They seek emotional support from their partners and provide such in return.



#### Parents

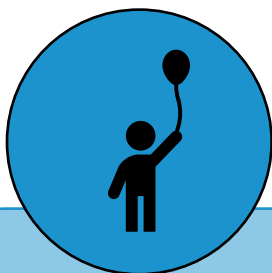
Secure parents are capable of regulating their emotions and tolerating conflict.

They create a compassionate environment for their child, allowing them to express positive and negative emotions.

They view their child as a separate person, but they also empathise with their experiences.

They can respond reliably to their child's need for love and security, but will also encourage autonomy.

## Insecure Avoidant Attachment

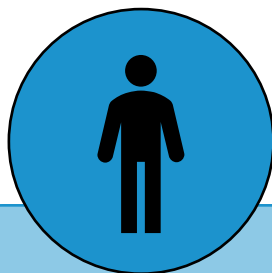


### Children

Insecure Avoidant children may disregard affection from their caregivers.

They tend to show aggression when among other children.

Avoidant children may be physically distant from their mothers when playing, often seeming confident but exploring less, not frequently returning to their caregiver as a secure base.



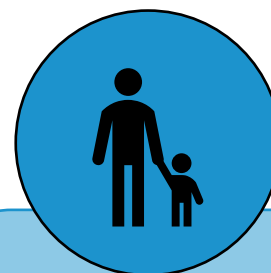
### Adults

Insecure Avoidant adults tend to lack empathy and consideration about the needs and well-being of others.

They avoid intimacy and conflict, and often deny their own needs and resent their partner's needs.

These factors might make avoidant people prone to behaviours that harm (emotionally) or disturb others, and may experience anger out of context.

In relationships, they might become manipulative, unfaithful, and emotionally abusive.



### Parents

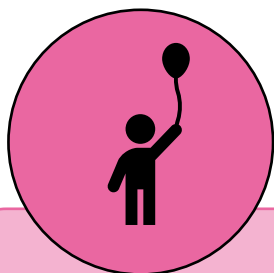
Insecure Avoidant parents tend to disregard their child's attachment needs.

Such parents can be strict and controlling towards their children.

They do not tolerate any strong displays of emotion and expect their children to be precociously independent and 'tough'; they cannot allow their child to experience negative feelings or needs for comfort.



## Anxious Ambivalent Attachment

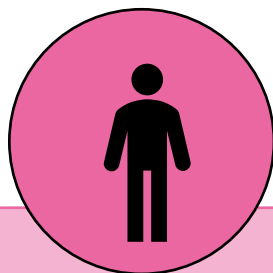


### Children

Anxious Ambivalent children tend to be very sensitive and responsive to others' needs, often at their own expense.

They experience distress when their parents leave and are difficult to soothe when the parents return.

Anxious Ambivalent children will stay close to their caregiver during play, and may choose not to play at all, frequently checking back with their caregiver.



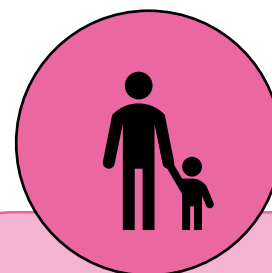
### Adults

Anxious Ambivalent attachment can cause anxiety disorders and attention deficit disorders in adulthood.

Adults tend to be self-critical and seek validation from others.

They often fear abandonment in relationships and can become clingy, as well as jealous and angry.

They crave intimacy and evidence of love.



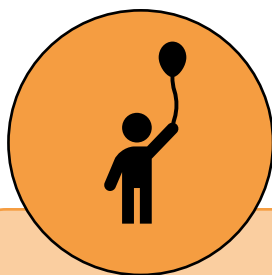
### Parents

Anxious Ambivalent parents tend to over-involve the child into their own feelings and emotional needs.

Their child's autonomy provokes their own separation anxiety, causing them to encourage dependence with their children.

These parents usually worry about their caregiving performance, which may lead to frustration when they don't meet their own high expectations. This can cause conflict with the child.

## Disorganised Attachment

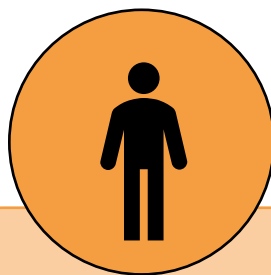


### Children

Disorganised children tend to be fearful and express ambivalent behaviour towards their parents, such as: approaching followed by distancing, anger or aggression without an obvious reason, or 'freezing' in the parents' presence.

Such children are faced with a dilemma – their caregivers, who are their only source of safety, are also their source of fear.

During play they may seem distracted, become obsessive or appear stressed in the presence of their caregiver.



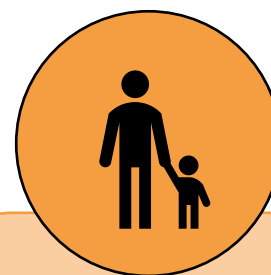
### Adults

Adults often avoid emotional intimacy and are not able to trust others, due to fear of getting hurt.

Disorganised adults tend to switch between anxiety and avoidance driven behaviours.

They might be clingy and demanding at one moment, yet dismissive and rejecting at another, often behaving in unpredictable ways.

They can become easily overwhelmed, and can show behaviours of becoming emotional, then numb. They can be violent or withdrawn.



### Parents

Disorganised parents might struggle with building emotionally intimate relationships with their children.

They often behave in an ambivalent, inconsistent, and unpredictable ways, which might confuse or frighten their children.

They can become overwhelmed, dissociated or frightened, and may not notice their child's distress.