

4 Styles of attachment



Secure

I feel safe & secure

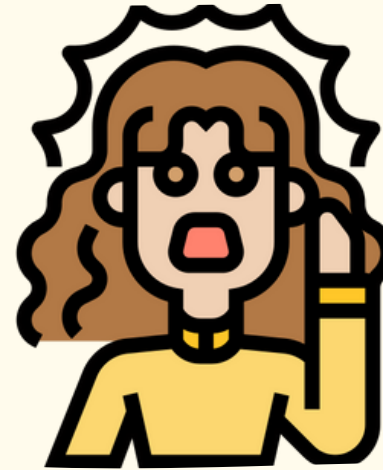
good relationships
warm & caring
non-reactive
trusting & forgiving
good boundaries
manages emotions
responsive
honest & open



Avoidant

I have trust issues

rejected by an adult
fear of closeness
avoids conflicts
emotionally distant
seeks independence
distant & withdrawn
unresponsive
logical



Ambivalent

I live in survival mode

fears relationships
lacks boundaries
mood fluctuates
highly sensitive
overly
accommodating
lives in fantasy



Disorganised

I've been frightened
by adults

cannot self-regulate
trust is difficult
tends to dissociate
lacks empathy
wants closeness but
fearful