**Attachment (General)**

Four elements of attachment:

1. We seek out, monitor and try to maintain emotional and physical connection with our loved ones. Throughout life, we rely on them to be emotionally accessible, responsive and engaged with us.
2. We reach out for our loved ones particularly when we are uncertain, threatened, anxious or upset. Contact with them gives us a sense of having a safe haven, where we will find comfort and emotional support; this sense of safety teaches us how to regulate our own emotions and how to connect with and trust others.
3. We miss our loved ones and become extremely upset when they are physically or emotionally remote; this separation anxiety can become intense and incapacitating. Isolation is inherently traumatizing for human beings.
4. We depend on our loved ones to support us emotionally and be a secure base as we venture into the worlds and learn and explore. The more we sense that we are effectively connected, the more autonomous and separate we can be.

(“Love Sense,” Sue Johnson, p. 38)

**Secure Attachment**

Primary caregivers were most likely accessible, responsive and engaging—available and comforting when in distress.

Can easily reach out to partner and connect, easily helping each other find emotional balance

Are not afraid of emotions—their own or others

Comfortable being close with others and being alone

See themselves as generally competent and worthy of love, see others as trustworthy and reliable

Emotionally available

Interdependency

Okay to need another and to be needed

Easily builds intimacy in relationships

May ask partner what he/she needs and then decide if they can meet the need

Can self-soothe

Easily reconnect with significant other

Free to explore their world

**Insecure—Avoidant Attachment**

Primary Caregivers were most likely cold and dismissive, unapproachable.

Attracted to anxiously attached people to have their need for intimacy met without having to do the work

Self-sufficiency and independence are more important than interdependence

See themselves as worthy of love but have negative view of other as unreliable and untrustworthy

Look to themselves for comfort

Protect your freedom

Withhold commitment

Unlikely to show feelings, tamp down emotions

Protect from being vulnerable to or dependent on others

Focused on the flaws of their partner

Focused on fantasies of another person

Hypervigilant of attempts to be controlled.

Shuts down attachment longings and tries to evade real connection

Makes unilateral decisions, flirts and dismisses their partner in order to sabotage

Insufficiently soothes by distancing, withdrawing (physically or emotionally), shutting down

**Insecure—Anxious/Ambivalent Attachment**

Primary caregivers were most likely inconsistent, sometimes warm/close and sometimes cold/distant/unavailable.

Ignores red flags (in dating)

Described as needy

Attracted to emotionally unavailable people

Uses the relationship to create false sense of inner security

Tend to idealize others but have strong doubts as to their own value and acceptability; obsessively seek approval and reassurance that they are lovable

Confuses lust for love

Accomodating to prevent abandonment and rejection

People-pleasing (so as not to be abandoned or rejected)

Asks for proof they are loved

Gives up own needs

Will manipulate or try to control the other person to provide themselves with whatever alleviates their anxiety

Insufficiently Soothes by trying to get response from partner (anger, interrogating, pursuing)

**Insecure—Disorganized Attachment**

Primary caregivers were most likely abusive and/or neglectful

Negative view of self—I am not worthy of love, I am not capable of getting the love I need without being angry and clingy

Negative view of other—others are unable to meet my needs, are not trustworthy or reliable, others are abusive and I deserve it

Vacillate between avoidance and anxious attachment styles

Often confuse their partners because of their shifts in attachment styles