Attachment styles

Secure

Insecure – ambivalent /anxious
Insecure – avoidant
Insecure – disorganised

Secure Attachment Style

Parenting style: able to tune in, soothe, help regulate feelings, model behaviour and hold boundaries

Adult characteristics: Able to create meaningful relationships, be empathic and set boundaries

Behaviour in Child
Able to separate from parents
Seeks comfort from parents when frightened
Greets return of parent with positive emotions
Prefer parent to strangers

Behaviour in Adult
Form trusting and lasting relationships
High self-esteem
Comfortable sharing feelings with those close to them
Seeks out social relationships

Insecure Ambivalent Attachment Style

Parenting style: inconsistent and intrusive

Adult characteristics: anxious and insecure, tends to be blaming and controlling although charming and can be unpredictable

Behaviour in Child
Distrusting of strangers
Becomes over distressed when parent leaves
Does not appear to be comforted when parent returns

Behaviour in Adult
Reluctant to be close to others
Worry they are not loved by partner
Becomes distraught when a relationship ends
**Insecure Avoidant Attachment Style**

**Parenting style:** rejecting or unavailable

**Adult characteristics:** Avoids emotional connection, can be critical, distant and intolerant.

**Behaviour in Child**
Avoid parents
Does not seek much contact with parents
Shows no preference of parents or strangers

**Behaviour in Adult**
Have problems with intimacy
Invests little in social or romantic relations
Unwilling or unable to share feelings or thoughts with others

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**Insecure Disorganised Attachment Style**

**Parenting style:** inconsistent, volatile, abusive and neglectful and frightening (often drug/alcohol addicted or mentally ill)

**Adult characteristics:** chaotic, insensitive, explosive, abusive, untrusting even while craving security and relationships

**Behaviour in Child**
May seem dazed or confused
May see the world as an unsafe place

**Behaviour in Adult**
Tend to have distorted view of others
May have trouble socially or struggle in using other with co-regulating feelings