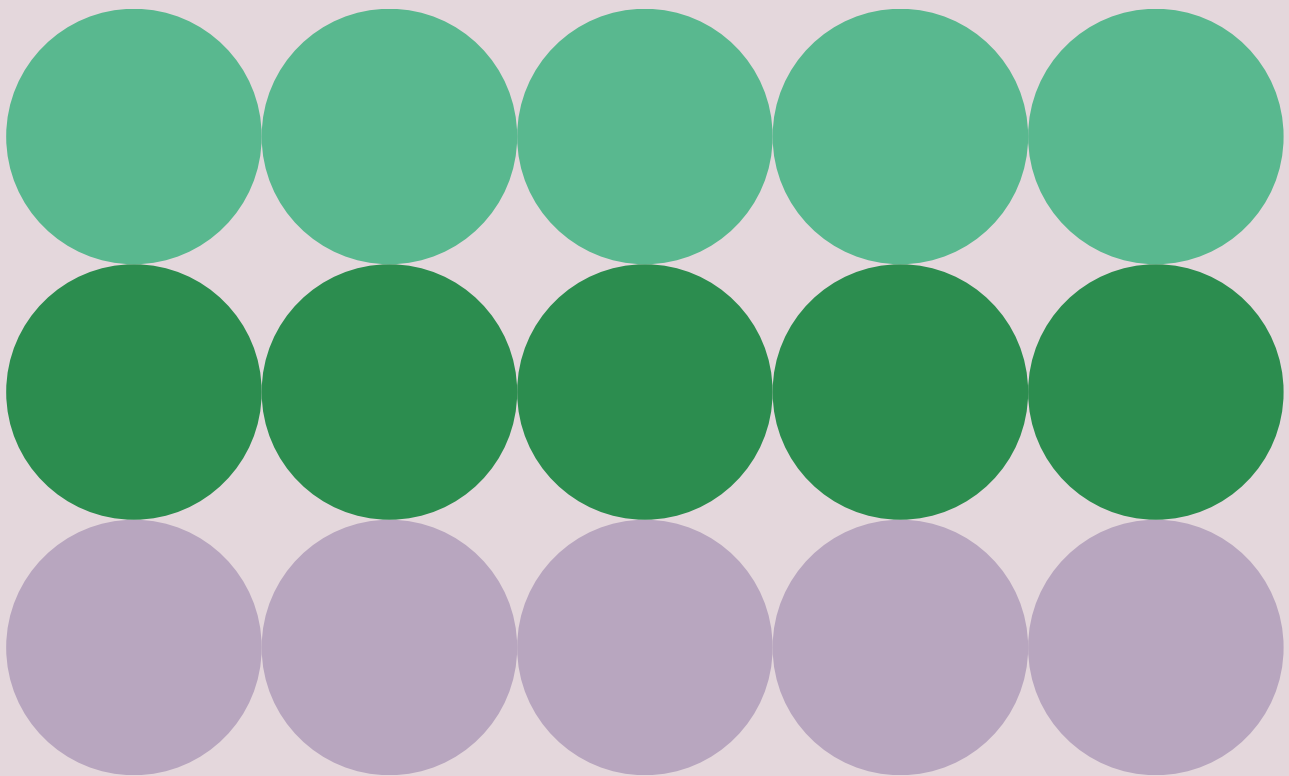

attachment theory



05.01.24

by Aishwarya Chitoor

secure

- had caregivers who were consistently responsive to their needs during infancy
- comfortable with intimacy and independence
- are generally trusting and empathetic in their relationships
- able to communicate their needs effectively and establish healthy boundaries

anxious

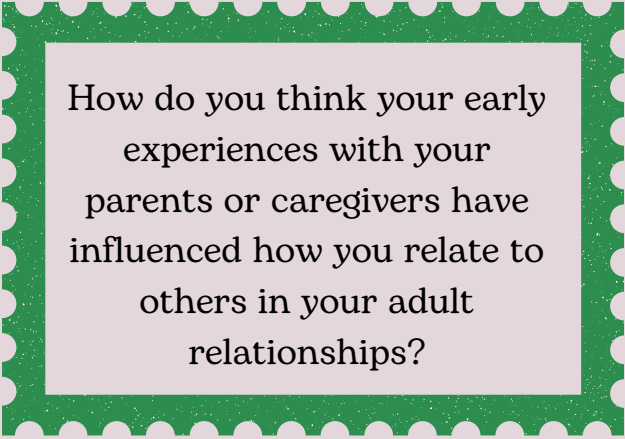
- had caregivers who were inconsistently responsive to their needs
- worry about the stability of their relationships and may seek more reassurance from their relationships
- fear abandonment
- become overly dependent on their partners

- had caregivers who were abusive or unpredictable
- possibly have fear of both intimacy and rejection
- desire for closeness and distance in relationships
- struggle with trusting others and engage in behaviors that push away others while also craving connection

- may have had caregivers who were emotionally unavailable or rejecting
- suppress their emotions and prioritize independence over intimacy
- struggle with intimacy
- may seem aloof or emotionally distant in their interactions with others

disorganized

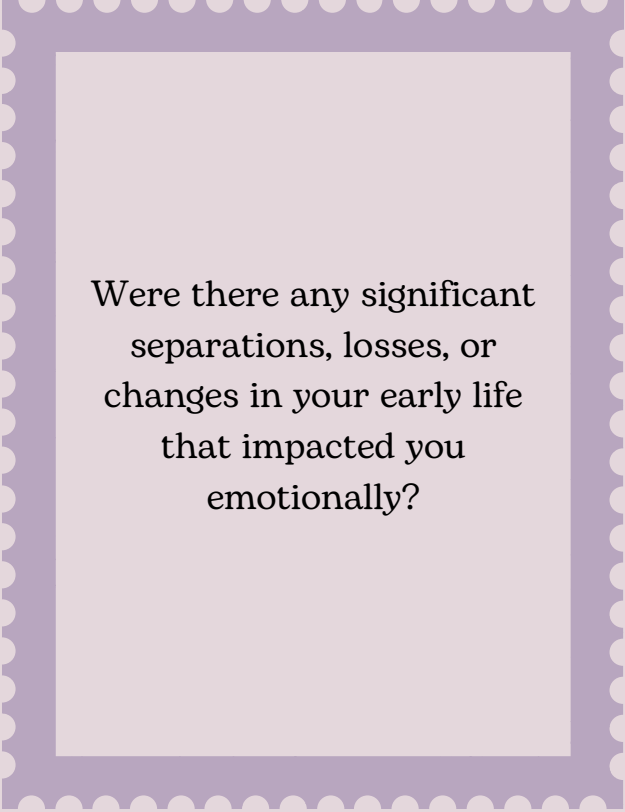
avoidant



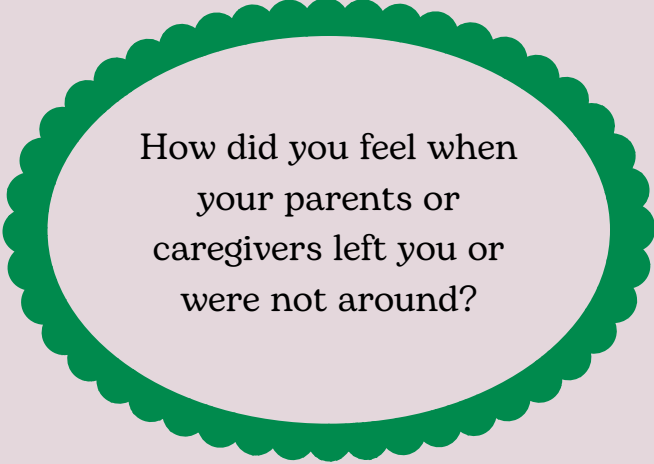
How do you think your early experiences with your parents or caregivers have influenced how you relate to others in your adult relationships?



How do you handle conflict or disagreements in your current relationships? Are there any patterns you have noticed?



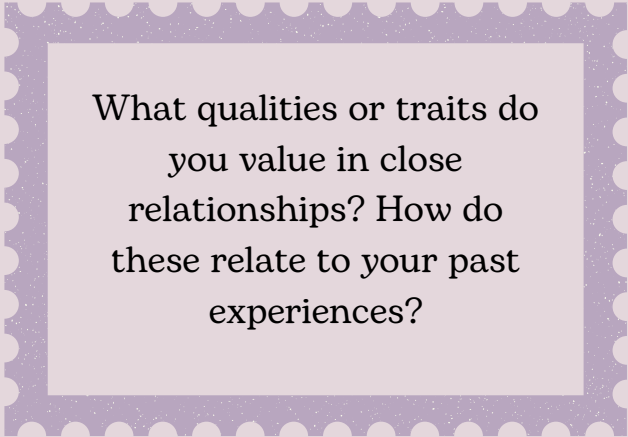
Were there any significant separations, losses, or changes in your early life that impacted you emotionally?



How did you feel when your parents or caregivers left you or were not around?



Do you feel comfortable seeking support or assistance from others when you need it?



What qualities or traits do you value in close relationships? How do these relate to your past experiences?