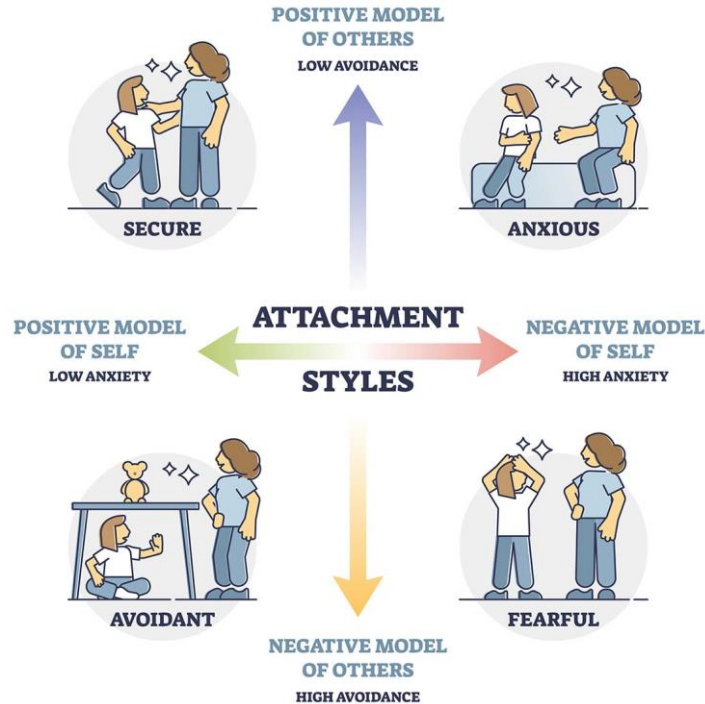


I. Attachment Theory



Do you know your attachment style?

Discover how early childhood experiences with your parents impacts your ability to develop relationships as an adult.



Free Attachment Quiz



<https://www.attachmentproject.com/>

I. Attachment Theory

The founders of attachment theory were John Bowlby and Mary Ainsworth.

- **John Bowlby** (1907 - 1990) is a British psychiatrist and psychoanalyst who, working on attachment theory, studied orphaned children and monkeys to see how they reacted to the disappearance of the closest attachment figure. 
- **Mary Ainsworth** (1913 - 1999) is an American-Canadian human development psychologist who co-developed attachment theory and distinguished different attachment styles. 





I. Attachment Theory

- This theory proposes that our primary motivation in life is to **be connected with other people**, because this is the only true security we will ever have.
- Several studies have tracked attachment style from childhood through adulthood and have found that attachment styles can change over the life course, regardless of a child's early experiences.

I. Attachment Theory

- There are *three* main attachment styles and *one* mixed style.

Attachment styles	% of sample (also generalized to represent U.S. population)
Secure Attachment	65%
Avoidant Attachment	20%
Ambivalent Attachment	10-15%
Disorganized Attachment	10-15%

Attachment Style Test



Secure



Anxious



Avoidant



Disorganized



The Attachment Theory: How Childhood Affects Life

<https://youtu.be/WjOowWxOXCg>

1) Attachment theory – SECURE style

- It is this best and healthiest style that is formed when a person gets enough time, attention, closeness, support, understanding and emotional accessibility and responsibility from their closest and most important attachment figure in childhood.



1) SECURE style - in childhood

Features of a *secure attachment* style in childhood:

- The child trusts his/her mother (or another carer) and feels safe with her.
- The child knows that his/her mother will *not* punish, reject, spurn or treat him/her coldly for his/her needs and difficult emotions - thus, he/she can look to her for help, support and comfort in any situation.



1) SECURE style - in childhood



- The child has its *safe haven* of a parent or carer who loves unconditionally and is emotionally available and responsive.
- Through this relationship, the child has the courage to explore the world and does not cling to mother because he knows he can always return to the *safe haven*.



1) SECURE style - in childhood

- The child successfully engages in social relationships and learns pro-social behaviour.
- The child does not waste energy in seeking his mother's presence and acceptance, so he has more energy and courage to explore, make new discoveries and take risks.
- *In such a relationship, the child builds high self-esteem. He knows that he deserves to be loved.*

1) SECURE style - in childhood



- We feel safe and give adult life.
- We know we deserve to be loved.
- We can talk about our emotions and build a long-term, safe, healthy, partner relationship.
- We are not afraid that our partner will abandon us.

1) SECURE style - in childhood



- We are not jealous, possessive, suspicious or desperately seeking our partner (their time, attention, interest) and reassurances about what we have in common.
- We are not suspicious when a partner meets up with friends or goes somewhere alone.

2) Attachment theory

ANXIETY-AMBIVALENT style

- It develops in children whose emotional needs have not been sufficiently met.



How does an anxiety-ambivalent style arise?

- When the parent (guardian) does not respond to the child's needs when these needs arise, only when the parent (guardian), feels the need to respond.
- *Parent (guardian) love is conditional*: they show it primarily when the child meets expectations (for example, being quiet and smiling), when the child shows difficult emotions, they are ignored or spurned.



2) ANXIETY-AMBIVALENT style - in childhood

Features of anxiety-ambivalent attachment style in childhood:

- The child is constantly seeking acceptance and confirmation of his parents' love.
- He (she) knows that he (she) has to *earn* love because it is not unconditional.
- It largely depends on whether the child is polite or naughty, but sometimes it is difficult to predict the parent's reaction.





- The child realises that his (her) need for closeness cannot always be satisfied, and that attempts to do so may be met with punishment, such as anger from the parent.
- Depending on conditions, age and other factors, he gives *displays of politeness* or gives up, gives in and withdraws.
- Adapts emotions and needs to parental expectations - does not show his (her) true emotions and needs because he (she) knows they are not welcome or will not be properly understood and cared for.

2) ANXIETY-AMBIVALENT style – in adulthood



How does the anxiety(fear)-ambivalent attachment style affect our adult relationships, friendships and other relationships?

- In adulthood, children raised in this style fear that they don't deserve love, or only deserve it sometimes - when they meet expectations.
- They seek a sense of security, desperately want to be loved, and at the same time fear that they don't deserve it.



- They are panicky about rejection, betrayal, losing their partner, so they court him - often at their expense.
- They don't show real emotions (especially sadness and anger) so as not to make their loved ones uncomfortable.
- Depending on the conditions, such people can become possessive, jealous, suspicious, entwine like ivy and build unhealthy - toxic relationships.



An example of Anxious attachment style

<https://youtu.be/Ya936PGN4C8>

3) Attachment theory - AVOIDANT style

- The child and adult representing this style *avoids involvement in relationships*, does **not care about forming any relationships**, not to mention long-term ones.



3) AVOIDANT attachment style - in childhood

How does an avoidant style arise?

- When the parent (guardian) is emotionally unavailable and indifferent to the child's needs and emotions.
- Parent (guardian) uses training and crying out, because he misunderstands self-reliance and believes that the child should deal with his difficult emotions on his own.



3) AVOIDANT attachment style - in childhood

Features of an avoidant attachment style in childhood:

- The child learns that she can only count on herself and there is no point in asking for help.
- The child needs are repeatedly rejected or ignored by the mother (caretaker), so the child learns to avoid and ignore her.





- A defence mechanism begins to work: **denial of the need for closeness.**
- The child does not show emotions, suppresses and blocks them, even in front of himself he tries not to show weakness.
- *It sees the world as a hostile and unfriendly place, and people (even those closest to it) as cold and alien.*



Avoidant type behavior example (attachment style)

<https://youtu.be/fq2NQ7LBxbs?t=15>

4) Attachment theory – DISORGANIZED, MIXED/FEARFUL style

- A mix of the above attachment styles - their individual elements occur in different proportions, so it is difficult to give a universal characteristic.

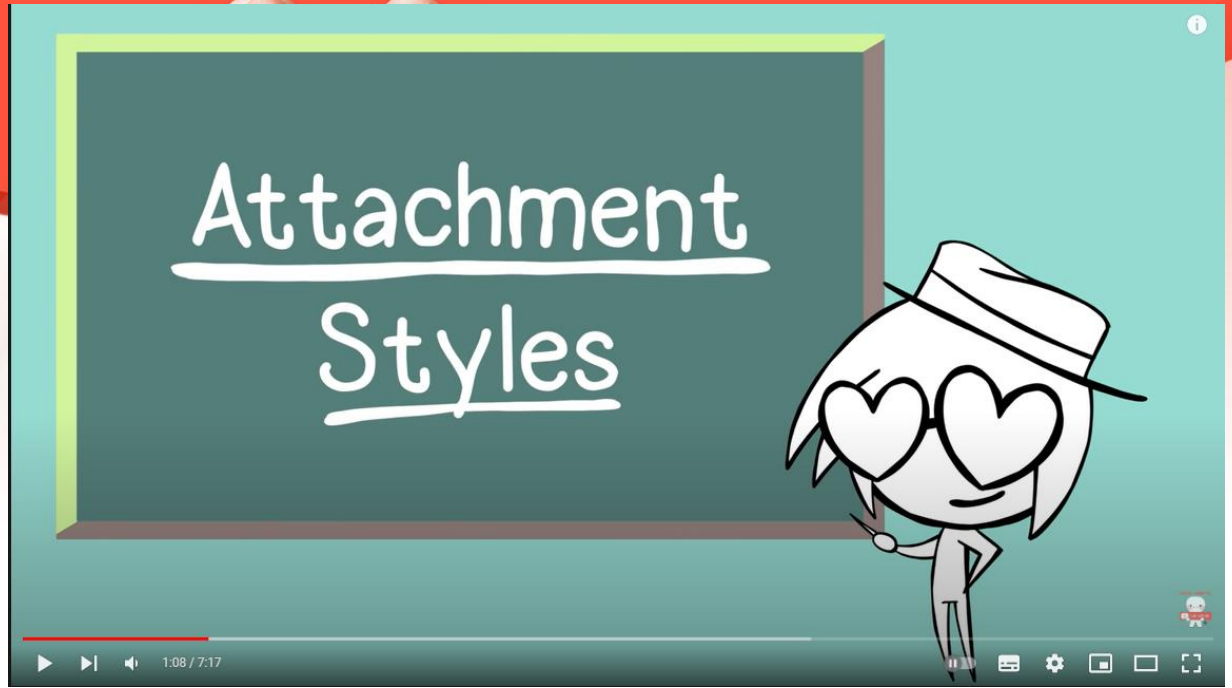


Conclusion

- Which style do you find yourself in?

ATTACHMENT STYLE CAN BE FIXED!





The Four Attachment Styles of Love (0:58 to: 7:17)

<https://youtu.be/23ePqRkOKtg?t=58>

This test is also available in the following languages:



Attachment Style Test

Among psychologists, the concept of attachment styles has long been known to be a significant predictor of a person's way of relating to others. Backed by longitudinal studies made by both psychologists and biologists, the claims of attachment style theory are well-established. The theory holds that the way we adapt to our caregivers while young imprints us with a basic pattern of handling relationships that carries through to adulthood. Like other primates, young humans probe out the amount of care, safety, and attention that is available in their native environment and form evolutionarily beneficial response strategies.



Question 1 of 36

I can be pretty impulsive when expressing my emotions, and even indulge in "woe is me" scenes when I am disappointed by love.

Disagree Agree

NEXT >



Why Use This Test?

1. Free. This free online attachment style test is delivered to you free of charge and will allow you to obtain your coordinates on two major dimensions of attachment style theory, thus relegating you to one of the four major quadrants that are commonly used in the classification of attachment styles.

2. Value-free. While there are



Attachment theory in popular movies and tv shows

▶ ⏪ 🔊 0:00 / 12:08



Attachment theory in popular movies and TV shows

<https://youtu.be/Hmy2Zdh0OW4>

A background image showing two hands, one from each hand, with fingers interlaced to form a heart shape. The hands are positioned centrally at the top of the slide, with the heart shape opening downwards. The background is a gradient of red and white, with a large red curved shape at the top.

Presentation (1)

1. Select four well-known persons or characters, each with a different attachment style (*secure, anxiety-ambivalent, avoidant, disorganised*).
2. The examples can be chosen from a variety of sources, such as films, literature. Also, famous people's relationships (actors, singers, influencers, celebrities) may serve as examples.
3. Make a presentation (requirements in moodle system).
4. Show your presentation to a group during classes - speaking time: 4 - 8 minutes.
5. Upload the presentation to the moodle system in the *Attachment theory* section.