

# UNDERSTANDING ATTACHMENT STRATEGIES

Understanding the attachment origins of our relationship conflicts can help us to more mindfully respond to emotional dysregulation in relationship

## SECURE

**Infant Experience**  
Consistent and responsive care-giving.

## INSECURE - AVOIDANT

**Infant Experience**  
Withdrawn or rejecting care-giving.

## INSECURE - AMBIVALENT

**Infant Experience**  
Inconsistent and unreliable care-giving.

## UNRESOLVED/DISORGANISED

**Infant Experience**  
Abusive or abused care-giving.

## SECURE

**Adult Behaviours**  
Comfortable with closeness & interdependence; able to be autonomous.

## DISMISSIVE - AVOIDANT

**Adult Behaviours**  
Positive self-esteem; Independent; don't need approval.

## ANXIOUS - PREOCCUPIED

**Adult Behaviours**  
Low self-worth; Concerned with how we are viewed; fear of rejection.

## FEARFUL - AVOIDANT

**Adult Behaviours**  
Desire for closeness and connection, but fear of being hurt.

Adapted from Ainsworth, 1969, Bartholomew & Horowitz, 1991, and Domingue, R., & Mollen, D, 2009.