

Attachment Types

Secure - Autonomous

As a child



- Feels content, safe, and explorative.
- Trust their needs will be met by their parent/carer.
- Are able to separate from parent/carer.
- Seeks comfort from parent/carer when frightened.
- Relates positively to others and displays resilience.

As an adult



- Has trusting, lasting relationships.
- Tends to have good self-esteem.
- Enjoys the freedom to pursue own interests and friendships.
- Aren't jealous or possessive.
- Sensitive, warm and caring parent; attuned to child's cues and needs; children are securely attached.

Avoidant – Dismissive

As a child



- Do not seek much contact or comfort from parent/carer.
- Show little or no preference for parent/carer over strangers.
- Less effective in managing stressful situations.
- Likely to withdraw and resist seeking help.
- Tend to distance themselves from others to reduce emotional stress.

As an adult



- Keep their distance from others.
- Set extreme boundaries either emotional or physical.
- Are able to 'shut down' emotionally when a potentially hurtful situation arises.
- Have a hard time trusting people.
- Emotionally unavailable as a parent, disengaged and detached, children are more likely to develop avoidant attachments.

If you want to know more about Rock Pool, please contact us:

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Attachment Types

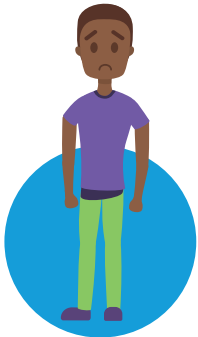
Anxious – Preoccupied/Resistant

As a child



- May be wary of strangers.
- Exhibit clingy and dependent behaviour.
- Become greatly distressed when parents leave.
- Emotionally distant and reluctant to discover their surroundings.
- Lack self-confidence .

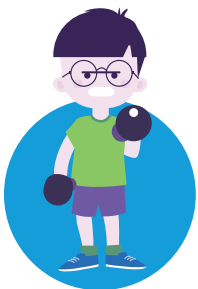
As an adult



- Reluctant to become close to others.
- Become very distraught when relationships end.
- Have relationships that are characterised by extreme highs and lows.
- Crave reassurance and constant validation from partner.
- Inconsistent attunement with own children, who are likely to be anxiously attached.

Disorganised – Unresolved

As a child



- Show a mixture of avoidant and resistant behaviour.
- May seem dazed, confused, or apprehensive.
- May act as a caregiver toward the parent.
- Tend to display aggression, disruptive behaviours, and social isolation.
- More likely to see others as threats rather than sources of support.

As an adult



- Abusive and dysfunctional relationships.
- Antisocial behaviour/lack of remorse.
- Unable to regulate emotions.
- Dissociates to avoid pain.
- Triggered into anger and fear by parent–child interaction, own children often develop disorganised attachment.

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