

## Four Attachment Styles

3 types of insecure:

1. Anxious/ambivalent
  2. Avoidant
  3. Disorganized
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4. Secure

Insecure

### 1. Anxious/Ambivalent:

- Concerned about being abandoned (again!), parts not trusting that won't be rejected by other internal or external part.
- Years for closeness to point of merging/blending.
- Fears rejection, re-wounding, abandonment and/or being alone again.
- Carries polarization between longing for intimacy and fear of intimacy.
- Protector(s): anxiety, ruminating; shame

### 2. Avoidant/Dismissive:

- Difficult to trust or depend on others
- Dismissive/devalue attachment experiences
- Minimize negative attachment experiences
- Emphasis on independence/separateness
- Exile: often holds feelings of longing
- Protector(s): anger directed outside system or internally at other parts; shame

### 3. Disorganized Attachment:

- Parts have both **avoidant** and **anxious/preoccupied attachment** styles.
- In **insecure attachment**, different parts may interact differently with different external/internal parts. With **disorganized**, different parts may interact differently with same part. (Child holding up arms to be held and looking away and freezing.)
- Parts may become extremely polarized; may not "know each other."
- Love/Hate; push/pull patterns are common.

### 4. Secure Attachment:

- Find it easy to get close to others or have others get close, while maintaining Self.
- Comfortable trusting others.
- Information flows easily between parts and Self.
- Oriented in present (doesn't live in past fears and hurts)

### **Various lines of attachment**

Your parts — your parts	(part to part)
Your Self — your parts	
Your parts — Others' parts	(part to part)
Your parts — Others' Self	
Your Self — Others' Self	(self to self)