


Attachment Style	Parenting Style	Corresponding Adult Attachment Characteristics
Secure	<ul style="list-style-type: none"> ● Connected and Attuned to the child's emotions and needs 	<ul style="list-style-type: none"> ● Ability to empathize with others and set boundaries ● Tendency towards stable and meaningful relationships
Avoidant	<ul style="list-style-type: none"> ● Emotionally unavailable or tendency to reject the child's emotions and needs 	<ul style="list-style-type: none"> ● Tendency to avoid close relationships or emotional connection ● Rigid, critical and/or intolerant
Ambivalent	<ul style="list-style-type: none"> ● Inconsistent parenting ● Intrusive or harsh communication 	<ul style="list-style-type: none"> ● Anxious and insecure ● Controlling ● Blames others ● Unpredictable ● Charming at times
Disorganized	<ul style="list-style-type: none"> ● Ignored or oblivious to child's needs ● Parents behavior was frightening or traumatizing 	<ul style="list-style-type: none"> ● Chaotic, explosive and/or abusive ● Insensitive ● Lack of trust even when seeking closeness to others
Reactive	<ul style="list-style-type: none"> ● Extremely unattached or dysfunctional 	<ul style="list-style-type: none"> ● Cannot establish positive relationships ● Frequently misdiagnosed

Source: <https://www.collaborativemn.com/issues-we-specialize-treating/attachment-issues>

 Avoidance High	<p>SECURE ATTACHMENT (ADULT ATTACHMENTS - COMFORTABLE) <i>Positive Thoughts of Self</i> <i>Positive Thoughts of Others</i></p> <ul style="list-style-type: none"> • High Self Esteem • Able to set appropriate boundaries • Accepting • Able to be vulnerable • Creates meaningful relationships • Comfortable with intimacy • Learning • Parent to child: aligned and attuned • As an adult: empathetic, responsive, engaged and responsible • "I am worth of love" and "I am capable of getting love and support I need" • "Others are willing and able to love me" 	<p>AMBIVALENT ATTACHMENT (ADULT ATTACHMENTS - PREOCCUPIED) <i>Negative Thoughts of Self</i> <i>Positive Thoughts of Others</i></p> <ul style="list-style-type: none"> • Low Self Esteem • Overly concerned about others thoughts • Clingy • Seek validation & approval • Wants excess intimacy • Grasping • Parent to child: inconsistent • As an adult: controlling, blaming, erratic, unpredictable • "I am not worthy of love" and "I am not capable of getting the love I need without being angry and clingy" • "Others are capable of meeting my needs but might not do so because of my flaws."
	<p>AVOIDANT ATTACHMENT (ADULT ATTACHMENTS - DISMISSIVE) <i>Positive Thoughts of Self</i> <i>Negative Thoughts of Others</i></p> <ul style="list-style-type: none"> • High Self Esteem • Independent • Doesn't show emotions readily • Uncomfortable with intimacy • Avoids closeness • Blaming • Parent to child: unavailable or rejecting • As an adult: distant, critical, rigid, intolerant, frustrated • "I am worth of love" and "I am capable of getting love and support I need" • "Others are either unwilling or incapable of loving me." and "Others are not trustworthy; they are unreliable when it comes to meeting my needs." 	<p>DISORGANIZED ATTACHMENT (ADULT ATTACHMENTS - FEARFUL) <i>Negative Thoughts of Self</i> <i>Negative Thoughts of Others</i></p> <ul style="list-style-type: none"> • Low Self Esteem • Dependent • See self as helpless • Fearful of intimacy • Expects to be hurt • Ruminating • Parent to child: ignored • As an adult: chaotic, explosive, abusive, untrusting • "I am not worthy of love" and "I am not capable of getting the love I need without being angry and clingy." • "Others are unable to meet my needs." and "Others are not trustworthy or reliable." and "Others are abusive, and I deserve it."

Source: <https://shop73002.leyla-ev.com/category?name=relationship%20attachment%20styles>

Attachment style	Patient's attitude to care seeking and the 'sick role'	Impact on doctor–patient relationship	Pitfalls for the doctor	Predicted patient outcomes
Secure style	Trusting, collaborative, positive towards seeking help, comfortable with 'sick role' as appropriate	Patient is collaborative, confident, values help and advice Doctor feels sympathetic to patient's needs, valued, confident that advice will be followed May challenge some doctors by being assertive	Problems are uncommon. However, because these patients tolerate uncertainty and ambiguity the doctor may not attend enough to providing clear and consistent advice and recommendations, or miss problems in service delivery that need to be addressed	These patients work most comfortably with doctor and the clinical team(s), maximising the chance of good outcomes
Insecure styles				
Preoccupied style	Low trust in own worth and decision-making, preoccupied with relationships and pleasing others, show high emotional reactivity, seek reassurance from others, presents as 'anxious', 'needy'	Doctor feels a need to reassure patient, but this can lead to exasperation if repeatedly asked for reassurance on same matters	Patient expresses anxiety, may ask doctor to make decisions – 'I can't... you know best, you decide', which leads to overriding patient in interests of time	Patient is needy but co-operates after reassurance They may show resistance ('yes, but...'), increased anxiety ('you don't understand...'), leading to helplessness, loss of confidence, patient may give up, leave
Dismissing/distrustful style	Wary, distant, does not trust clinician, misses appointments	Patient appears to display a lack of involvement, lack of engagement, unreliability, or can be avoidant because of a tendency to show themselves in a good light, minimise problems and need for treatment	Doctor may become frustrated, override patient when they repeatedly state: 'I can't...', 'I forgot...' or 'I don't need to do anything... it's not that bad really'	Increased withdrawal from care, bottling of problems and emotional issues, possibility of crises when strategy of self-reliance breaks down
Derogating (angry-dismissing) style	Denigrates help offered, nothing good enough If extreme, distant, disdainful, nonengaging due to hostility about being dependent	Doctor feels 'put down', unappreciated for clinical input, angry If extreme, doctor can lose patience and confidence, find ways to avoid patient, may see patient as 'hateful'	Doctor can get angry and confront, challenge patient who says 'What's the use... you can't help me anyway...' Doctor and team may decide to walk away	Anger/resistance, low frustration tolerance, tends to storm out, make complaints, threats, including self-harm May sabotage treatment, drive clinicians away by hostile attitude
Fearful style	Low trust in self and others, afraid of intimacy, expect rejection, but high emotional reactivity Present as wary, testing out doctor and relationship, ambivalent style	Doctor feels confused by alternation of approach and avoidance, patient's unpredictability	Doctor may get upset with patient's inconsistency and pulling away when help is given	Increased anxiety, depression, threats of self-harm, may withdraw, miss appointments or leave
Disorganised style	Typified by low trust and tendency to become disorganised when in stressful situations	Patient may be frightened by doctor and treatment, may also re-experience other earlier traumas Doctor may become fearful for patient, panic about ability to contain patient's overwhelming emotions	Doctor may feel a failure, keep trying harder, doing more, go beyond professional boundaries The seemingly overwhelming nature of patient's problems can split or fragment clinical teams	Patient and doctor may reinforce feelings of being overwhelmed, loss of personal control, leading to poor outcomes, chaotic care provision, and medical and mental health crises