THE DIMENSIONS AND CATEGORIES OF ATTACHMENT

ANXIETY

SELF

POSITIVE

NEGATIVE

SECURE ATTACHMENT

- HEALTHY EMOTION REGULATION
  - NOT OVERCONTROLLED
  - NOT UNDERCONTROLLED
- SELF IS LOVEABLE
- OTHER IS AVAILABLE

INSECURE/PREOCCUPIED

- UNDERCONTROLLED EMOTION REGULATION
  - EASILY OVERWHELMED
  - ANGER/ANXIETY
  - SADNESS
- SELF AS UNLOVEABLE
- OTHER AS CAPABLE BUT UNWILLING/UNRELIABLE

INSECURE/AVOIDANT

- OVERCONTROLLED EMOTION REGULATION
  - DENIES DISTRESS
  - IGNORES OTHER’S FEELINGS
- SELF AS SUCCESSFUL
- OTHER AS UNRELIABLE AND UNTRUSTWORTHY

INSECURE/FEARFUL

- EMOTION IS UNDERCONTROLLED
  - VERY ANXIOUS
  - DISSOCIATION
- SELF AS UNWORTHY/UNLOVABLE
- OTHER AS MALIGNANT

AVOIDANCE

OTHER

POSITIVE

NEGATIVE

OTHER

POSITIVE

NEGATIVE

SELF

POSITIVE

NEGATIVE