

Attachment Trauma

Attachment Trauma- *In childhood, when a primary caregiver(s) is unable to meet our physical and/or emotional needs, it causes emotional distress. The distress impairs the child's, now grown into an adult, view of relationships and how they behave in relationships.*

Qualities of Secure Attached individuals.

People with secure attachment styles...

- Are able to make adjustments or pivot to new information or changing circumstances in relationships
- Prioritize relationships and value connection
- Feel hopeful about relationships and give the benefit of the doubt
- Value repair when there has been an injury or breach in a relationship
- Handle differences and complexity in relationships with confidence and ease
- Understand that relationships and people are not perfect
- Have empathy for others
- Understand that solid, long-term relationships require lots of grace and forgiveness

Qualities of Insecure Attached individuals.

People with insecure attachment styles...

- Feel scared about losing relationships
- Feel resentment and/or defeat during conflict
- Quick to end relationships due to conflict
- Doesn't want to create more conflict (which makes them upset)
- Feel paralyzed with indecision
- Do not trust partners
- Assume the worst of their partner's intentions
- Respond to conflict with anger and defensiveness
- Lash out, yell, curse out, fight, or withdraw when hurt or conflict occurs
- Hold grudges and are intolerant of human imperfections
- Gossip and criticize

See secure attachment checklist below

Secure Attachment Checklist

Developing secure and emotionally healthy relationships require skill and a lot of work. Take an inventory of the skills you do well and the skills you need to improve upon. Place a check mark beside the skills that you already do well. Circle the ones that you need to improve upon.

- Detect early on when people I care about are not being entirely honest
- Detect early on when people I care about are upset in a conversation
- Keep a conversation on topic during conflict
- Address conflict with humility and vulnerability
- Show appreciation for my loved ones and communicate that appreciation to them
- De-escalate stressful interactions
- Communicate my feelings, needs and desires openly with humility and vulnerability
- Soothe my partner
- Collaborate for a win-win
- Know and acknowledge my boundaries with time, emotional energy, physical comfort and safety
- Ability to see things from the other person's perspective during conflict