**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