

Attachment Patterns: Internal View of Self & Other

Good Self

Dismissive Avoidant

- Downplays importance of relationships
- Self-reliant, independent to an extreme
- Has an inflated sense of self; Often judgmental of others
- Tends to dismiss or avoid connection or emotional intimacy
- Has difficulty knowing one's feelings
- Tends to reject tender emotions such as vulnerability; perceives as weakness
- Believes love has to be earned
- Struggles with perfectionism and fear of failure

Secure

- Ability to:
 - Be one's authentic self
 - Take appropriate risks
 - Live with joy in the world
 - Deal with disappointment/failure
 - Embrace success
- Awareness of one's needs
- Willingness to ask for needs to be met
- Healthy communication style
- Good self-esteem
- Flexibility regarding self, others, conflict resolution, and life challenges

Bad Other



Good Other

Fearful Avoidant

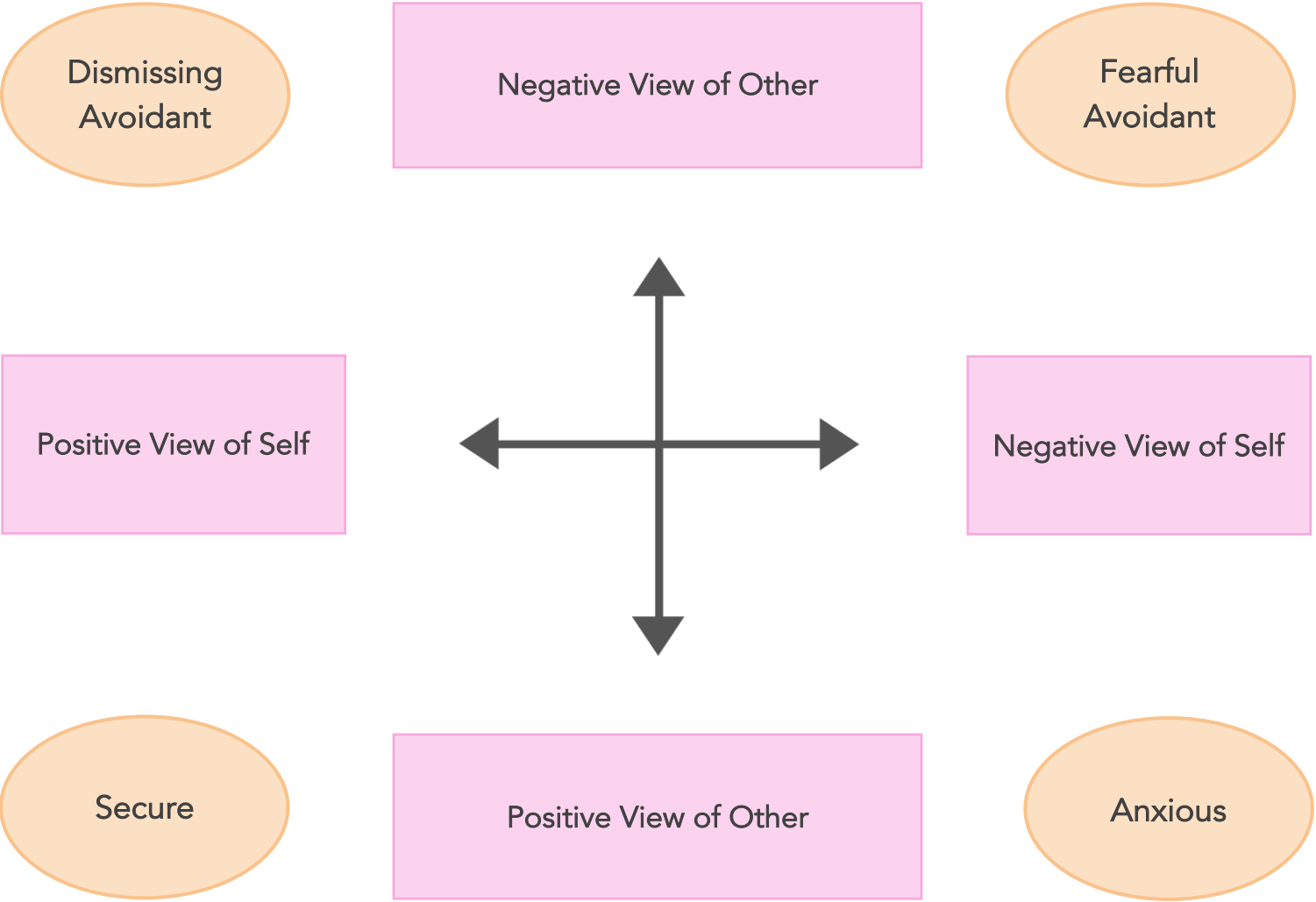
- Feels unsafe in the world
- Feels conflict over wanting to be close and wanting to pull away
- Vacillates between aggressive and affectionate behavior; unpredictable, emotional outbursts
- Prone to depression and anxiety
- Tends to feel victimized in relationships
- "Tests" partners to see if they'll abandon them
- May detach or dissociate in conflict
- Prefers to be alone altogether

Anxious

- Constant need to be close to partner
- Prone to feeling unlovable or unworthy of love, yet desire to be loved
- People-pleaser; ignores own needs
- Constantly ruminates on past and attempt to control future
- Tit-for-tat approach to relationships
- Fears and perpetuates abandonment
- Low self-esteem
- Swing between anxiety and anger.
- Unrealistic expectations of self or others

Bad Self

Relational Image Map



Dr. Nae