

Attachment Style

March 2024 Newsletter

3/1/2024

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Emotional Bonds

Attachment style refers to the emotional bond you formed as an infant with your mother, father or caregiver. The quality of the bond in that first relationship often determines how well you relate to other people and respond to intimacy throughout your life. Attachment styles are distinguished by our different ways of interacting and behaving in relationships.

The Avoidant Dismissive Style tends to avoid emotional closeness and may withdraw from a relationship if they feel the other person is becoming reliant on them.

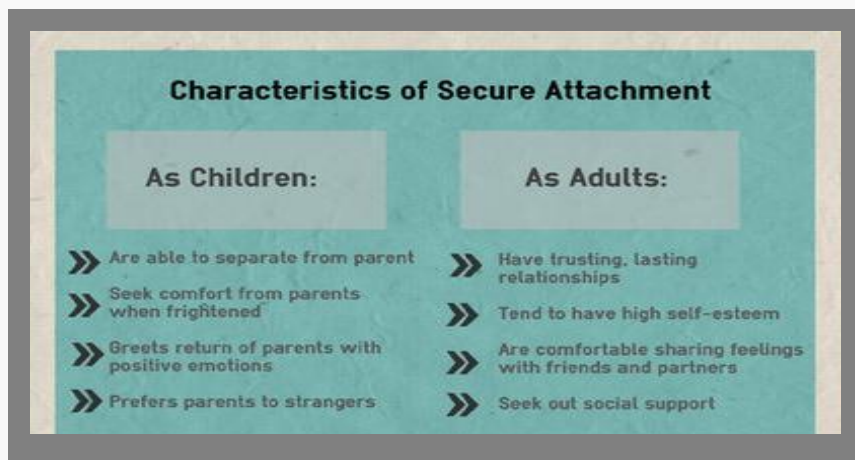
The Disorganized/Fearful - Avoidant Style tends to show confusing behaviors because they want a close relationship but have a fear of getting hurt.

Marie Wellness Clinic

This month the theme is all about attachment styles and how our behavior in adult relationships may be influenced by the quality of our bond with our parents and their relationship with each other. However before blaming our parents for all our current romantic problems, it is important to remember that a lot of time has passed since we were infants and all those ensuing relationships may have had a significant role in shaping our adult attachment style too. Even those who formed a secure attachment in childhood can show anxious, insecure patterns of behaviors as adults. If you are struggling to establish the relationships you desire, call me for a chat on:

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The four main attachment styles identified by psychologist John Bowlby are:

Secure Style as described above.

Ambivalent (anxious-preoccupied) Style, these adults value their relationships highly but are overly concerned and anxious about losing their partners.

Some of the challenges we face in our romantic relationships might be influenced by the attachment pattern we formed with our main caregivers. But whatever is happening in your relationships right now, be kind to yourself and remember: **“We’re only as needy as our unmet needs.”** John Bowlby