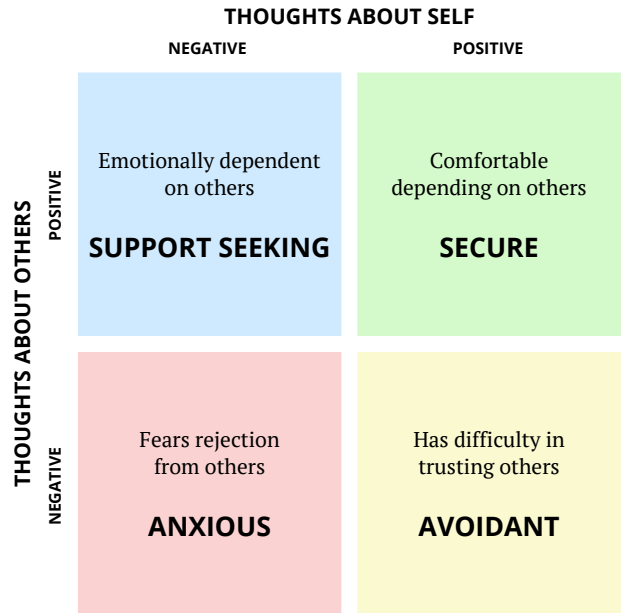


Secure attachment

We each have an attachment style that guides our approach to different relationships (Bowlby, 1988). These are defined by both what we believe about the people we engage with, and what we believe about ourselves. These styles develop from the earliest experiences we have with our parents.

When one or both of these views is negative, we develop problems trusting others. This can take the form of fears of rejection, abandonment or an excessive need for independence.

Only when both views positively align can we develop a secure attachment style that allows us to be simultaneously independent and supportive of someone else.



Creating a secure attachment style as an adult can take a lot of work, but there are some questions you can ask yourself that will help you on your way.

Describe a belief you have about one of your relationships.

What evidence do you have that this belief is true?

What evidence do you have that this belief is only partially true?

What evidence do you have that this belief is false?