

# Attachment Style Life Cycles

	CHILDREN	ADULTS	PARENTS
SECURE	<p>Securely attached children may feel upset when separated from their caregivers. They are comforted by contact and seek reassurance when frightened.</p>	<p>Secure adults demonstrate balanced and healthy behavior in relationships. They seek and offer emotional support within their partnerships. These adults are comfortable with independence.</p>	<p>Secure parents regulate their emotions effectively. They create a nurturing and empathetic environment for their child. They see their child as an individual and empathize with their experiences.</p>
DISMISSIVE-AVOIDANT	<p>Avoidant children might reject affection from their caregivers. They often display aggression towards other children.</p>	<p>Avoidant adults often disregard the needs of others, focusing on themselves. This can lead to harmful behaviors in relationships, such as emotional unavailability. They tend to struggle with emotional intimacy.</p>	<p>Avoidant parents may disregard their child's attachment needs and can be strict and controlling. They may not tolerate neediness or clinginess, aiming to make their children self-reliant.</p>
ANXIOUS-PREOCCUPIED	<p>Anxious children are highly sensitive to others' needs, often neglecting their own. They experience significant distress when separated from their parents and struggle to calm down upon reunion.</p>	<p>Anxious attachment in adulthood can lead to anxiety disorders and difficulties with attention. These adults tend to be self-critical and seek constant validation from others.</p>	<p>Anxious parents may prioritize their child's needs over their own, exhibit high anxiety about parenting, and have high expectations, leading to tension with their child. This worry can result in controlling or inconsistent parenting behaviors.</p>
FEARFUL-AVOIDANT (Disorganized)	<p>Disorganized children exhibit fear and confusion towards their caregivers, showing mixed behaviors like approaching, then retreating or freezing. They face a dilemma as their caregivers are both a source of fear and safety.</p>	<p>Disorganized adults often struggle with emotional regulation and fear intimacy. They may alternate between anxiety-driven and avoidance-driven behaviors. These adults can be clingy one moment, then dismissive the next.</p>	<p>Disorganized parents can have difficulty forming stable relationships with their children. They may be unpredictable, confusing or frightening their children. These parents might be both unavailable and intrusive, creating a chaotic environment.</p>

# Attachment Across The Life Cycle

**M Carnoy**



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