

Attachment 101

- Attachment forms during first 1000 days (conception to second birthday)
- The brain grows in spurts in response to interactions with Mom/ Primary Attachment Figure
- Baby is born with no ability to regulate his/her own emotions (needs to be seen with great compassion)
- Mom/PAF bonds with Baby, and regulates emotions (both positive and negative)



SECURE

- Mom attunes to Baby (good enough)
- Mom is available, quick to respond
- Attachment lights go on and off in sync with Baby
- Interactions build joy and rest
- Betsy's examples
 - Country: Denmark
 - Worship: Integrated, left and right
 - Relationship style: secure, confident, hopeful
 - Emotions: normal range of "highs" and "lows"



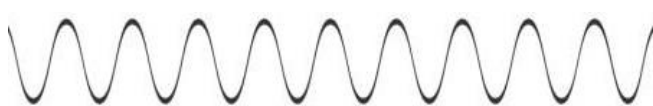
DISMISSIVE (Avoidant)

- Little or no social interaction from Mom
- Mom is not available socially, emotionally
- Babies attachment light turns OFF (Relationships are not a source of joy for Baby)
- As adult, attaches to other things (workaholic, performance, drugs, alcohol)
- Betsy's example:
 - Country: ENGLAND
 - Worship: Left brain dominance, logical, principles rather than relationship.
 - Relationship style: Independent, withdrawn.
 - Emotions: Disregards feelings. Stiff upper lip.



DISTRACTED (Preoccupied)

- Mom attunes to when she wants connection
- Not always available
- Babies attachment light is ON (Baby does not want to miss out on attachment because it feels good!)
- Betsy's examples
 - Country: ITALY
 - Worship: Passionate, Charismatic
 - Relationship style: Clingy, overly dependent, anxious
 - Emotions: high "highs" and low "



DISORGANIZED

- Mom/ Caregiver misattunes, is unreliable, and both a source of joy and fear. Mom a drug addict, mentally ill or has disorganized attachment herself.
- Attachment light is ERRATIC
- The message is mixed: Come here, go away . . .
- Adults are victims, dazed, confused, hostile, controlling
- 80% of abused children have disorganized attachment
- Betsy's examples:
 - County RUSSIA or INNER CITY
 - Worship: "Fire and brimstone" churches that portray an angry, punishing God
 - Relationship style: turbulent. Fear bonds.
 - Emotions: Unpredictable swings from dazed, confused, victim, to hostile, controlling.



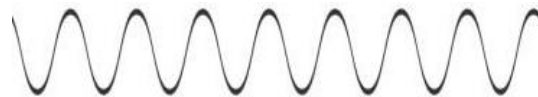
Secure



Dismissive



Distracted



Disorganized

