

Secure Attachment

Your Personal Report



The
Attachment
Project

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Thank you for your interest in The Attachment Project.

This document outlines your results on the self-report attachment quiz. Your personal report can be found from page 4 onwards.



Our Mission

Healing an insecure attachment may take dedication, patience, and persistence - although this might be challenging, it is entirely achievable.

Cultivating a secure attachment requires knowledge, practice, and the ability to reflect on yourself (including your experiences, relationships, skills and weaknesses, and beliefs, amongst other factors).

Our mission is to provide you with the necessary insight, skills, and inspiration so that you can develop a sense of security and feel safe - both in relationships and on your own.

The Importance of Human Attachment

Why Attachment?

Human attachment plays an essential role in our survival as babies as well as in our relationships and overall well-being later in life.

Since our attachment styles are formed so early, we neither remember much about this stage of development nor do we have control over it. Therefore, our attachment traits are typically subconscious and automatic.

As a consequence, we might find ourselves repeating the same unhealthy patterns - in our relationships with ourselves and with others - over and over again.

Love & Intimacy

Relationships are a central part of our lives. After all, we are social beings with an innate need to belong.

When it comes to love and intimacy, attachment has a huge influence on the way we select our partners, communicate with them, and act in relationships with them.

For this reason, cultivating attachment security is the key to building and maintaining healthy, balanced, and long-lasting partnerships.

Mental Health & Self-Love

Attachment doesn't only affect the way we perceive others and our relationships with them; it also affects how we see and feel about ourselves.

Possessing attachment security helps us to feel calm, safe, and able to express our true selves.

It enables us to form a clear idea of what we want in relationships and communicate our needs openly. This not only has a profound impact on our happiness and fulfillment, but also on our sense of identity, self-esteem, autonomy, and purpose in life.



Understanding Your Scores

Tips for Understanding and Interpreting Your Different Attachment Scores

Our attachment quiz includes a scientifically developed and validated questionnaire, called the ECR-RS (Experiences in Close Relationships - Relationship Structures)*. As you might have noticed, you answered a set of questions for different relationships; for each of your caregivers, partner, and other people in general. Based on your answers, your scores (anxiety and avoidance scores) for each relationship were calculated.

On the graphic, you'll find the estimations of your attachment to each of your caregivers as well as to your partner. Each circle on the graphic has the same color as the one in the results description for the specific relationship (e.g. Below the graphic, the word "partner" is blue, so the circle representing the attachment for this relationship is also blue.).

In some cases, you might notice that your attachment scores for all relationships (caregivers and partner) do not match your profile - your general attachment. This, however, is nothing to be concerned about. It might be that you exhibit a certain pattern of attachment towards people you meet; and yet, in close intimate relationships, you have a different approach. Or it could be that you have a specific attachment pattern towards your caregivers, but not towards other people in your life.

The important thing to remember is that there is no right or wrong when it comes to how you experience your relationships. And there's nothing wrong with having different emotional experiences with different people in your life.

Profile

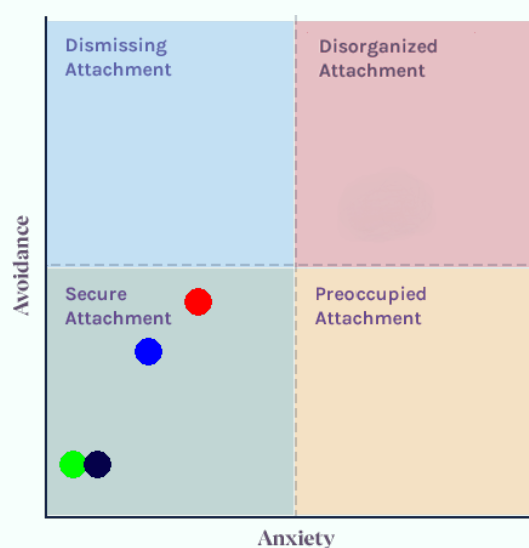
Secure



There are four attachment styles. Three of them are insecure (anxious/preoccupied, dismissive/avoidant, and disorganized), and the fourth is the secure attachment style.

Congratulations! Having a secure attachment style is great news! Either your needs were adequately met during your formative years, or else you worked hard at your relationships and circumstances to get to where you are emotionally in life.

The secure attachment style is considered to be the most balanced and “healthy” of the four styles. The other three attachment styles are the insecure attachment styles: anxious, avoidant, and disorganized. One in three people have one of these forms of insecure attachment and, as a result, likely exhibit attachment disturbances throughout their lives. When working with someone with an insecure attachment style, the aim is to help them transition towards earned security by helping them forge their way on the path of secure attachment.



● Score Mother: Anxiety: 2.67 / Avoidance: 3.33

● Score Father: Anxiety: 1 / Avoidance: 1.17

● Score General: Anxiety: 1.33 / Avoidance: 1.17

● Score Partner: Anxiety: 2 / Avoidance: 2.67

Characteristics of Secure Attachment Style Are:

- You have a favourable view of yourself. Due to your early years, you have a strong sense of self and self-agency.
- You have a favourable view of others. You tend to trust your partners and their intentions, and do not typically feel jealous or doubt a loved one's intentions.
- You seek out emotional closeness with others and give it back in return - you enjoy mutual dependency.
- Although you enjoy being in a relationship, you are also comfortable being alone.
- You exude warmth and express your feelings openly and comfortably (when appropriate).
- You are capable of initiating and maintaining meaningful long term relationships.
- You are aware of your emotions and are able to regulate them. You are also able to help insecure partners to balance their emotions when they are feeling too much or too little.
- You are comfortable with proximity; your view on relationships is positive, so being close to someone is enjoyable to you.
- You are self-aware and thus can manage criticism without becoming overly distressed. These self-reflection skills help you understand how you act within social contexts may affect the outcome.

Why is secure attachment so important?

Let's have a look at the **five primary conditions** for secure attachment and the corresponding benefits for self-development. Your responses from the self report on the five conditions of secure attachment will give you an indication of your early childhood experience from your earliest childhood memories.



Mom or Caregiver #1

Protection:	7
Attunement:	6
Soothing & Reassurance:	5
Expressed Delight:	7
Encouragement:	6
Average:	6

Result

Secure

Father or Caregiver #2

Protection:	6
Attunement:	7
Soothing & Reassurance:	6
Expressed Delight:	6
Encouragement:	7
Average:	6

Result

Secure

How does it develop?

There are five primary conditions for secure attachment. Ideally, caregivers are able to fulfill all five.

1. Felt Safety

As a parent, first and foremost, you want your child to feel protected. If your child feels protected, they feel safe. For the infant and toddler, safety means closeness to the caregiver, as they are the source of food, warmth, and protection. Danger means separation from them, beyond the comfort zone.

The attuned caregiver is fiercely protective but not overwhelming, intrusive, or ignoring. They give their child space and freedom to explore the world, but stay close enough so that the child has a felt sense of safety.

When the infant strays too far and becomes frightened, they know that they can run to the caregiver and be enveloped in a warm, protective embrace, secured against the world. This conveys a message: "You are safe. You are loved. You are loveable."

2. Feeling Seen and Known/Attunement

Attuned parents can read their baby's cues accurately and respond to their needs. Attuned responses give infants information about the effects of their behavior. Children learn that when they signal a need, they can expect a prompt, predictable, and accurate response. The result is a feeling of control over their lives, starting early on: "I signal that I'm hungry, and I get fed; I signal that I'm tired, and my mother rocks me to sleep."

3. Felt Comfort/ Soothing and Reassurance

The attuned parent's arms are open and inviting. When the child is distressed, the caregiver reassures and soothes the child back to a calm emotional state.

Helping the child manage their distress and frustrations will help them develop an internal model of being soothed and comforted. Over time, the child will develop the ability to manage their own distress and self-soothing.

5. Felt Support for Best Self

Children need to feel supported and encouraged to explore their world joyfully and safely.

Parents who champion this have a deep faith in their child and always provide them with a safety net. Deeply involved in their child's life, parents give the child space and thrust them towards autonomy and independence. This sense of security allows the child to explore, discover, succeed, and fail; and through such exploration, the child develops a good, autonomous, strong, and unique sense of self.

4. Feeling Valued/ Expressed Delight

Feeling valued begins in infancy and is the foundation of healthy self-esteem development.

Parents who raise children with healthy self-esteem repeatedly express their joy about who the child is rather than what the child does. They focus on Being rather than Doing. Such parents exhibit "expressed delight" to the child and about almost everything the child does. They focus on the joys of parenting, not the chores.

Did You Know?
According to our recent research on our audience's quiz results, the condition that scored the highest from both caregivers is Protection. In contrast, the condition that scored the lowest is Attunement.

Brown & Elliott et al. (2016), designed a study to specifically examine secure attachment, in this way identifying the conditions necessary to raise a securely attached child. According to the study results, if these conditions are not met, an insecure attachment style is likely to develop.

What's next?

If you have a secure attachment style, it will be important for you to understand the three insecure attachment styles. You may be thriving in life and relationships, but you are also able to help your partners if they have an insecure attachment style and exhibit attachment disturbances.

Your stability in relationships might make you your partner's "rock." If you are with someone who has an insecure attachment style, you tend to show and mirror to them that it's okay to be alone (if they have an anxious/preoccupied attachment style), or that it's okay to be with others (if they have a dismissive/avoidant attachment style).

If you suspect that someone you love and care about has an insecure attachment style, you can be of great help to them, simply because of the way you value and behave in social contexts. Another thing you could consider is to encourage your loved ones to work on their maladaptive patterns, be it alone or with a therapist, friend, or family member.

While it can be challenging for people to work on themselves and their attachment styles without therapy, we have developed a series of steps people can take to move towards secure attachment.

The Path to Cultivating Secure Attachment



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The Attachment Project

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Special thanks to R. Chris Fraley from the University of Illinois for making the use of this test possible and for his contribution to the attachment field. This test is used with permission from R. Chris Fraley from the University of Illinois at Urbana-Champaign.

Source (ECR-RS): Fraley, R. C., Heffernan, M. E., Vicary, A. M., & Brumbaugh, C. C. (2011). The Experiences in Close Relationships—Relationship Structures questionnaire: A method for assessing attachment orientations across relationships. *Psychological Assessment*, 23, 615–625.

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