



Attachment Style Chart

SECURE





AVOIDANT

AMBIVALENT

DISORGANIZED



Dr. Diane Poole Heller
SOMATIC ATTACHMENT & TRAUMA EXPERT

	SECURE	AVOIDANT	AMBIVALENT	DISORGANIZED
Object Relations	 <p>Many Positive Pairs</p>	 <p>Self No Other</p>	 <p>Less Self Overfocus on others</p>	 <p>Scary Harmful Parent</p>
Regulation	Stable Self and Interactive Regulation	Auto Regulation <ul style="list-style-type: none"> • Can Be Dissociative • Attachment System shuts down 	External Regulation <ul style="list-style-type: none"> • Attachment System too ON • Feel than can only settle or get needs met by others 	Dissociative High Arousal <p>Need to lift freeze and evoke, complete defensive responses while finding safe relational field</p>
Narrative Styles	<ul style="list-style-type: none"> • Easy to follow • Engaged and Engaging • Flow, coherent, vivid, alive 	<ul style="list-style-type: none"> • Few words • Might lock emotional vividness • Factual • Positive 	<ul style="list-style-type: none"> • Many words • Much emotion • Can have lots of negative complaints • Mix, Past / Present 	Loss of voice, word recall, gaps, long pauses mix of tenses, incoherent, hard to follow
Brain Dominance	Integrated Flow of Energy and Information	More Oriented to LEFT hemisphere Focused on Future	Stronger on RIGHT Hemisphere: May flood with emotions Stuck in Past	Lack of Linkage Associative Cortex; Amygdala stuck in Trauma
Corrective Experiences	<ul style="list-style-type: none"> • Easy Recovery • Relaxation in relational field 	Kind Eyes For Attachment Gaze Welcome to the World to be met and celebrated	<ul style="list-style-type: none"> • Develop sense of Self so not lost in Other • Practice Receiving • Connect to Caring Behaviors and Consistency 	<ul style="list-style-type: none"> • Clarity • Competent Protector • Safety, Protection Untangle survival instinct from Love/Attachment