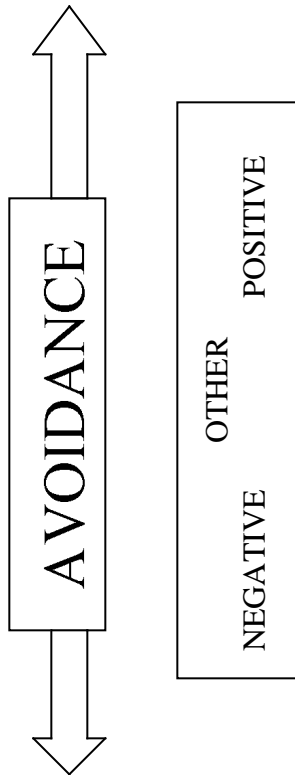
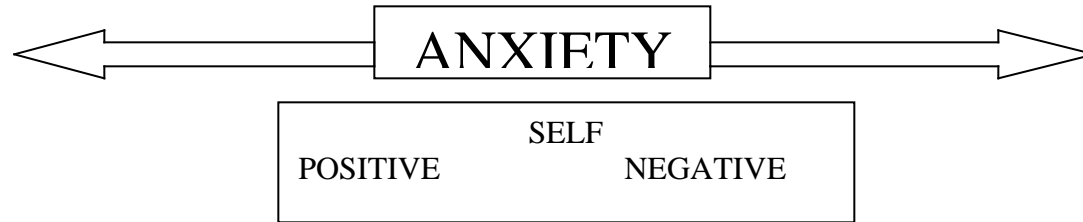


THE DIMENSIONS AND CATEGORIES OF ATTACHMENT



<p><u>SECURE ATTACHMENT</u></p> <ul style="list-style-type: none"> • HEALTHY EMOTION REGULATION <ul style="list-style-type: none"> ○ NOT OVERCONTROLLED ○ NOT UNDERCONTROLLED • SELF IS LOVEABLE • OTHER IS AVAILABLE 	<p><u>INSECURE/PREOCCUPIED</u></p> <ul style="list-style-type: none"> • UNDERCONTROLLED EMOTION REGULATION <ul style="list-style-type: none"> ○ EASILY OVERWHELMED ○ ANGER/ANXIETY ○ SADNESS • SELF AS UNLOVEABLE • OTHER AS CAPABLE BUT UNWILLING/UNRELIABLE
<p><u>INSECURE/AVOIDANT</u></p> <ul style="list-style-type: none"> • OVERCONTROLLED EMOTION REGULATION <ul style="list-style-type: none"> ○ DENIES DISTRESS ○ IGNORES OTHER'S FEELINGS • SELF AS SUCCESSFUL • OTHER AS UNRELIABLE AND UNTRUSTWORTHY 	<p><u>INSECURE/FEARFUL</u></p> <ul style="list-style-type: none"> • EMOTION IS UNDERCONTROLLED <ul style="list-style-type: none"> ○ VERY ANXIOUS ○ DISSOCIATION • SELF AS UNWORTHY/UNLOVABLE • OTHER AS MALIGNANT