**ATTATCHMENT**

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| **Secure Attachment** |  |
| **Child** | **Adult** |
| Express a need & need is met | Trusting and lasting relationships |
| Able to separate from parent | Tend to have good self-esteem |
| Seeks comfort from parent when frightened | Comfortable with sharing feelings with friends and partners |
| Return of parent is with positive emotions | Seek out social support |
| Prefers parent to stranger |  |
| **AVOIDANT ATTATCHMENT** |  |
| **CHILD** | **ADULT** |
| May avoid parent | Problems with intimacy |
| Does not seek much comfort or contact from peers | Invest little emotion in social or romantic relationships |
| Shows little or no preference between parent or strangers | Unable or unwilling to share thoughts and feelings with others |
| **ANXIOUS ATTATCHMENT** |  |
| Views parents as sporadic caregivers | uncomfortable |
| Always on a worried quest to win their mother’s love | Trying to earn or attain love |
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