

Reflect on Your Attachment Models



Look over your responses to the “Questions for Self-Reflection” and “Looking Back on Your Early Relationships” exercises. As you read through your responses, think about the attachment model or models you have experienced in your life. Were they secure, avoidant, ambivalent, and/or disorganized? Remember, many of us have experienced more than one of these attachment models.

Keep in mind that, as Dr. Dan Siegel writes in Brainstorm, “Your attachment model is a summary of how you’ve adapted to the relationships you’ve had with important people in your life. It’s not however, a sign of some problem you have inside you—it’s merely a reflection of a learned response to real-life events, to your actual relationship in your early days.”

We invite you to reflect on your attachment models in your journal. Consider how your early relationships and the attachment models you developed in response shape how you connect with others today.