



Disorganized Self-View

Disorganized attachment typically develops when:

Love and harm lived in the same house. The person you needed most was also the source of fear or chaos. There was no safe strategy, reaching out was dangerous, withdrawing was dangerous. So the nervous system never settled on one response. It learned to brace for both.

Avoidant Self-View

Avoidant attachment typically develops when:

Caregiving was emotionally unavailable or dismissive. Needs were met with irritation, withdrawal, or silence. You learned that needing people created distance, so you stopped needing them. Self-sufficiency wasn't a choice, it was the only option that didn't hurt.

Anxious Self-View

Anxious attachment typically develops when:

Caregiving was inconsistent, love was available but unpredictable. You never knew which version of the caregiver was walking through the door. So you learned to stay hypervigilant, keep the connection alive at all costs, and never fully relax into being loved.

