

## Attachment Styles in Adults

- **Trauma Responses:** Generally resilient. When faced with stress, they can process emotions and seek support without getting overwhelmed.
- **Couple Dynamics:** They're generally stable, open communicators, and able to handle conflicts constructively.
- **Therapy Ruptures:** Less likely to have significant ruptures. If they do, they can repair them relatively easily due to trust and openness.

### 2. Anxious / Preoccupied

- **Trauma Responses:** Tends to be hyper-vigilant and may over-interpret signs of rejection or abandonment.
- **Couple Dynamics:** Often seeks constant reassurance and may become clingy or overly dependent.
- **Therapy Ruptures:** Can be more sensitive to perceived distance or criticism, potentially leading to heightened emotional responses and ruptures.

### 3. Dismissive-Avoidant

- **Trauma Responses:** Tends to downplay emotional needs, may avoid or suppress feelings, and often appears emotionally distant.
- **Couple Dynamics:** May struggle with intimacy, can seem aloof or disengaged, and might prioritize independence over connection.
- **Therapy Ruptures:** May resist deep emotional exploration and can become defensive if they feel pressured, leading to distancing.

### 4. Fearful-Avoidant (Disorganised)

- **Trauma Responses:** Experiences internal conflict, oscillating between craving closeness and fearing it, often due to trauma or inconsistent caregiving.
- **Couple Dynamics:** Relationships can be intense and unpredictable, with a push-pull dynamic, making stability challenging.
- **Therapy Ruptures:** Can be difficult to navigate, as they might have trust issues and fluctuate between engagement and withdrawal.