

## How childhood attachments affect relationships

The biologically evolutionary necessity, an instinctive behaviour for the child to seek physical proximity to their caregiver in times of stress and threat. Affection bonds are gradually developed over time forming mental representations of relationships.

Attachment theory brings an understanding to the Play Therapy relationship of how children may present in the playroom and experience the world differently.

### Secure



Content, engaged, confidence and able to regulate emotions

### Ambivalent



Anxious, not focused, insecure, asking lots of questions and demanding attention

### Avoidant



Withdrawn, anxious, quiet, deactivate their feelings and appear self-reliant

### Disorganised



Angry, depressed, Not following directions, short fuse, difficulty making friends and desperate levels of self-reliance