Academic Institution

**Attachment Styles and Behavior**

Purpose Statement

By

Name

Location

Date

**Attachment Styles and Behavior**

I took the attachment style quiz and as per my results, I came upon the understandings mentioned below. These results gave me an analysis of my personality and gave me a better know how of my attachment style with my parents and the other relations close to me in society.

**Part A:**

In Part A of the quiz, that was about the relationship with the parents, especially mother, I chose response no. 1. This response contained the emotional, loving, and supportive side of a mother. The response contained the variables that I had a very comfortable relationship with my mother in childhood and she knew when to be supportive and when to allow me on my own.

From this response, I came to know that I have a close and “Secure” relationship with my mother (Feldman. 2016) [[1]](#footnote-1). This explained that my relationships, especially with my mother are characterized by happiness, trust, and friendship. We share a strong bond and are able to adopt each other despite each other’s shortcomings (Hazen and Shaver, 1987)[[2]](#footnote-2).

**Part B:**

For Part B, I selected option no 3. This option consisted of characteristics like distrust, discomfort, and nervousness. The response stated that the respondent feels uncomfortable being around people and is scared of getting close to people, particularly in a romantic relationship.

This response made me realize that I have an “Avoidant” attachment style with my fellows, with whom I have been sharing the social space. People with “Avoidant’ style of attachment are dominated by jealousy, intimacy, and emotional highs and lows. These people get very low satisfaction in any relationship and avoid being in relationships especially romantic bondings (Tucker and Anders, 1999)[[3]](#footnote-3).

**Bibliography**

Feldman, Robert S. Understanding psychology. 2016.

Hazen, C. and Shaver, P. R. (1987). Romantic love conceptualized as an attachment process. Journal of Personality and Social Psychology, 52, 511-524.

Tucker, J. S., and Anders, S. L. (1999). Attachment style, interpersonal perception accuracy, and relationship satisfaction in dating couples. Personality and Social Psychology Bulletin, 25, 403-412.

1. Feldman, Robert S. Understanding psychology. 2016 [↑](#footnote-ref-1)
2. Hazen, C. and Shaver, P. R. (1987). Romantic love conceptualized as an attachment process. Journal of Personality and Social Psychology, 52, 511-524. [↑](#footnote-ref-2)
3. Tucker, J. S. and Anders, S. L. (1999). Attachment style, interpersonal perception accuracy, and relationship satisfaction in dating couples. Personality and Social Psychology Bulletin, 25, 403-412. [↑](#footnote-ref-3)