Practicum 3: Destructive Conflict Patterns and their Link to Attachment Styles

Drawing on the mini-lecture on the attachment-based model of conflict and the mini-lecture on conflict perceptions and behaviours, answer the questions below.

Question 1a: What kinds of conflict behaviours are typically associated with attachment anxiety and why?

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Question 1b: Which components of negative reciprocity and demand-withdrawal is attachment anxiety associated with?

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Question 2a: What kinds of conflict behaviours are typically associated with attachment avoidance and why?

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Question 2b: Which components of negative reciprocity and demand-withdrawal is attachment avoidance associated with?

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Question 3: From an attachment theory perspective, what are the major attachment themes/issues that underpin the conflict patterns displayed by people who are high on attachment anxiety, and by people who are high on attachment avoidance?

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Question 4: How do the conflict perceptions differ from people who are high on attachment anxiety from those who are high on attachment avoidance?

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Question 5: Explain why the pairing of two individuals – one high on attachment anxiety and the other on attachment avoidance – can be associated with especially problematic conflict patterns?

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Question 6: Under what conditions may individuals high on attachment anxiety or high on attachment avoidance, engage in the atypical use of destructive conflict patterns?

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