Adult Attachment Styles

Conceptual Background: Disorganised Attachment

1

Disorganised Attachment

- Some (in fact many) confused fearful attachment with disorganised attachment
  - This is because the confused use of hyperactivating and deactivating strategies of those with a fearful attachment is thought to be a disorganized approach to interacting in their close relationships.
- But this is NOT disorganised attachment
  - Disorganised relates to a disorganised mental state – an incoherence (i.e., disorganization) of narrative regarding how early attachment relationships are recalled, discussed and integrated as part of a person's development
- Fearful attachment does not reflect a disorganised mental state – people are aware and clear on their fear of relationships
- Some self-report measures of disorganised attachment have recently emerged but require significant validation

2

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