Attachment Styles & Schema Modes

Conceptual Integration

1

Attachment Styles & Schema Modes

- **Just as attachment styles are associated with EMS and schema domains, so too can predictions about associations be made between attachment styles and schema modes**

- **Points worth noting…**
  - The behavioral strategies characteristic of attachment anxiety and avoidance (i.e., hyperactivation and deactivation) are not the same as coping modes
    - *Attachment behavioral strategies are distress regulation tendencies to actual, impending or perceived threat, danger or stress*
    - *Coping modes are adaptations to deal with the emotional turmoil of a child not having needs met by an attachment figure*
      - ❑ The 'coping' is specific – directed at abating the psychological tension that ensues when acknowledging that a child in need was parented by a demanding or punitive caregiver



2

© Gery Karantzas & Rita Younan (2021)

Attachment Styles & Schema Modes

	Anxiety	Avoidance
Critic Modes		
Punitive critic	++	++
Demanding critic	++	++
Child Modes		
Vulnerable child	+++	++
Angry child	+++	o
Impulsive/undisciplined child	+	o
Happy child	-	-
Coping Modes		
Compliance surrender (freeze)	++	o
Avoidance (flight)		
Detached protector	o	+++
Detached self-soother/self-stimulator	o	+++
Angry protector	o	++
Avoidance protector	o	++
Overcompensation (fight)		
Self-aggrandiser	+	+
Bully and attack	++	+
Over-controller	++	++



3

© Gery Karantzas & Rita Younan (2021)