Contextual Triggers in Relationships: Implications for Attachment Style Dynamics & Modes

Trust Violations

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Contexts that Trigger Attachment Dynamics, Schemas, & Modes

TRUST VIOLATIONS

- Secure individuals: View relationship partners as trusting and are quick to recall memories as evidence of this trust (trust is seen as tied to the partner's character); constructive approach to trust violations, greater forgiveness
  - Driven in part by positive working model of others and a bank of positive past relationship experiences
- Insecure individuals hold contrasting views to those securely attached
- Avoidant individuals: View relationship partners as untrusting, but also increase their emotional distance and dismiss the importance of trust when a trust violation occurs (self-protective defense)
  - Cognitions, affect and behaviour reflect a deactivation strategy
- Anxious individuals: Can also view partners as untrusting; respond to trust violations with strong –ve affect and ruminate over the violation
  - Cognitions, affect and behaviour reflect a hyperactivation strategy



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