Attachment Styles & Early Maladaptive Schemas

Conceptual Integration: Attachment Anxiety

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Attachment Styles & EMS

- **Attachment anxiety**

		Schema Domains	EMS
Characteristics	• Need for approval • Preoccupation with relationships (enmeshed) • Cognitions	• Disconnection/Rejection	Abandonment Mistrust/abuse Emotional deprivation Defectiveness Social isolation/alienation
Cognitions	• Negative views of self • (child-like, hopeless, incapable, needy) • Ambivalent views of others	• Impaired Autonomy/Performance	Dependence/incompetence Enmeshment Failure Vulnerability to harm/illness
Emotions	• Heightened negative affect • (distress, anger, frustration, anxiety, depression) • Difficulty down-regulating distress	• Other-directedness	Subjugation Self-sacrifice Approval seeking
Behaviors	• Excessive proximity seeking • Compulsive caregiving • Destructive engagement (conflict)	• Overvigilence/Inhibition	Negativity/pessimism Punitiveness Unrelenting standards Emotional inhibition
History	• Inept & inconsistent (partial reinforcement schedule) • Called upon to care for parent when young	• Impaired Limits	Entitlement/grandiosity Insufficient control/self-discipline

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