

**Secure Attachment Style  
Rooted in Joy**

**Life is Powered by Joy**

- Joy capacity is built between parent/caregiver and child in cycles of joy and rest
- Cycles of joy and rest between parent/caregiver and child must synchronize (match)
- Joy is only found in healthy meaningful relationships—with God and others
- We become securely bonded in love to live and work together
- Cycles of joy and rest in healthy relationships help us fulfill our purpose and destiny



**Dismissive Attachment Style**

- Parent/caregiver not available
- Detached and not synchronized to child's needs for attachment on a regular basis
- I can't expect connection, so I will live on my own
- Low affect, rejection, anger
- Distant and avoidant
- Withdraws as coping strategy
- Life is safer— feels better alone



**Developing Secure Attachments Through Joyful Relationships**



**Distracted Attachment Style**

- Parent sends mixed signals about attachment
- Interactions tend to be intrusive and are based on parents needs—not the infant's
- Infant's needs are sometimes met, sometimes unmet—never knows what to expect
- Adult is highly needy, dependent, manipulative and/or anxious
- High emotional displays— high drama
- One crisis after another



**Non-secure Attachments Can lead to BEEPs**

*God created us to securely attach to Him and each other in joy.*

**Non-secure Attachment Styles and God**

- Dismissive**
- Avoidant and withdrawn
  - God at a distance, flat affect
- Distracted**
- Anxious, needy
  - Performance and approval, high arousal, manipulative
- Disorganized**
- Fear and terror (God is terrifying)
  - Cults, spiritual abuse

**Disorganized Attachment Style**

- Relationship with parent/caregiver is the source of attachment and terror
- Fear/terror of the attachment figure offers no comfort or synchronization—no soothing
- Parent exhibits chaotic or disorganized behavior
- Infant can't make sense of the "come here—go away" behavior
- Adult will have disorganized attachment, fear-based relationships, dissociative or disorganized behaviors
- May include addictive behaviors
- Physical, sexual ,emotional abuse



80% of abused children have disorganized attachment

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