

TABLE 11.4 Three Infant Attachment Styles and Their Manifestation in Adulthood

Attachment Style	Behavior Displayed in Infancy in Response to Separation from Mother	Associated Parenting Style	Presumed Manifestation in Adulthood
Securely attached	Distressed when mother leaves but comforted when she returns	Responsive, consistent, dependable	Capable of forming close love relationships and a willingness to trust and depend on others
Insecure-avoidant	Exhibits little distress when the mother leaves and shows little interest in her when she returns	Cold, uninvolved, unresponsive	Fear of getting close to others, accompanied by a cynical view of relationships and distrust of others
Insecure-anxious	Greatly distressed when mother leaves and not easily consoled upon her return	Inconsistent parenting style	Tendency to form insecure love relationships, characterized by feelings of jealousy and fear of abandonment