



Adult Attachment Styles: An Overview (Intimate Relationships Lecture and Discussion Series)

Cathryn Blue

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Scientific Essay from the year 2009 in the subject Psychology - Social Psychology, grade: A, Saint Louis University, language: English, abstract: The connections that exist between people and their primary caregivers early in childhood subsequently lay the groundwork for how they view attachment to relationship partners throughout life. Adult attachment is widely researched as an explanation for why people react to life situations in certain ways, and these explanations are portrayed as being relatively unchanging over time. Therefore, people with secure attachment styles are said to adjust well in all types of situations whereas people with insecure attachment styles adjust poorly.



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