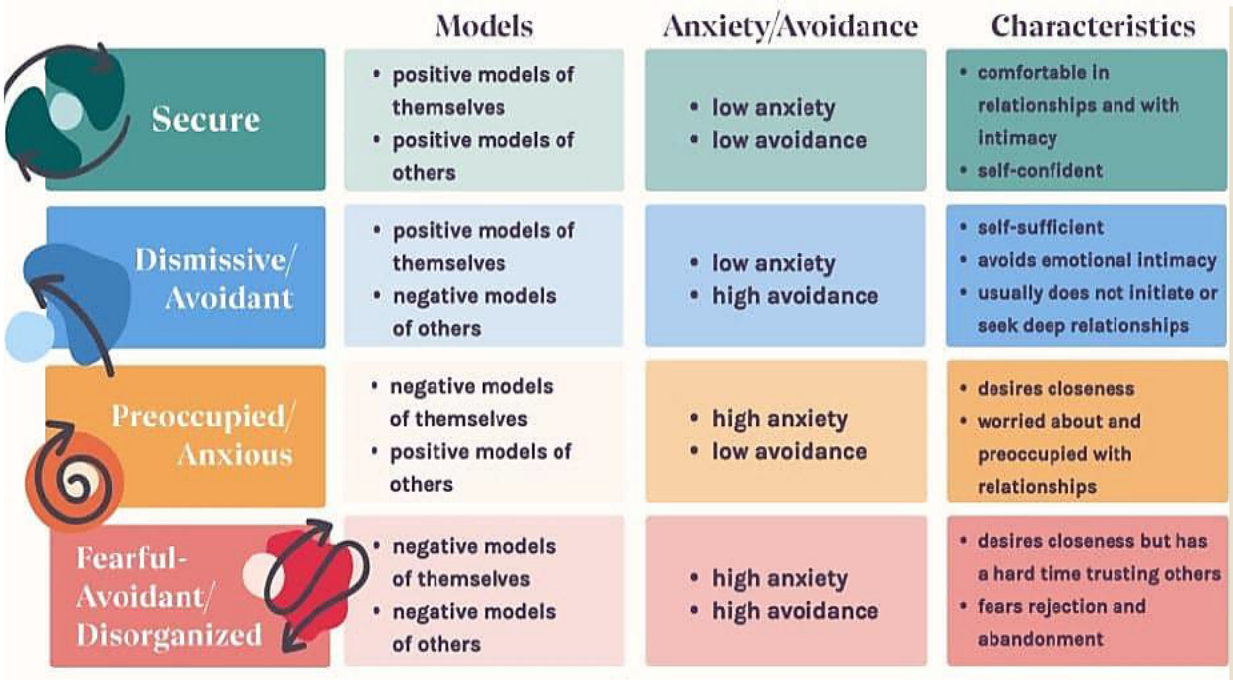
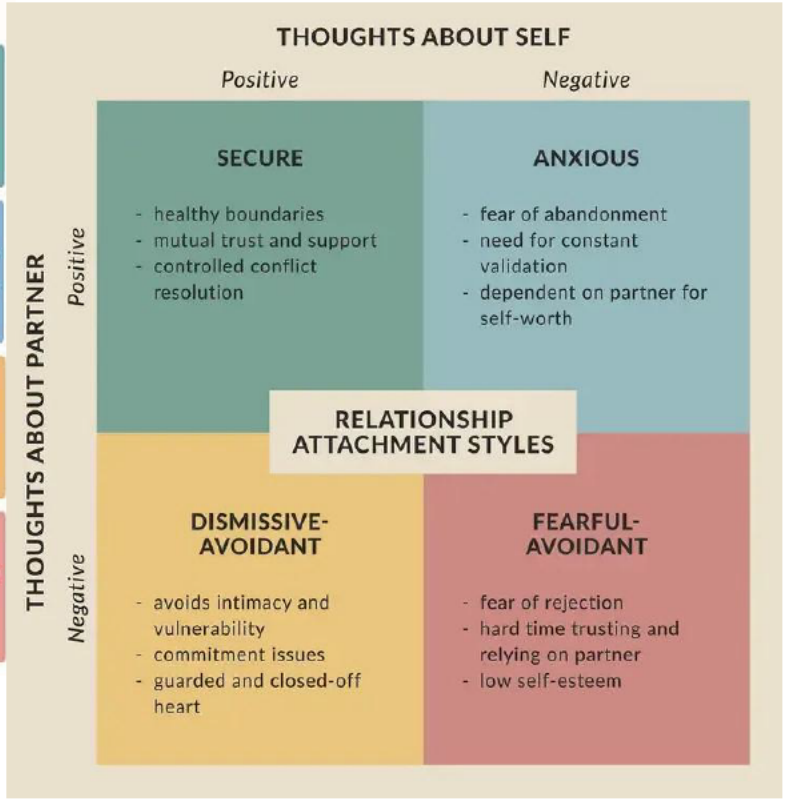
Emotionally Intelligent People of PDX



Source: [The Attachment Project]



Source: [PositivePsychology.com]

<u>Improving Attachment Styles by Forrest Hanson:</u>
Preoccupied/Anxious: Improve view of self and self-reliance, independence of others
Dismissive/Avoidant: Improve view of others by learning to trust and rely on people when appropriate
Fearful-Avoidant/Disorganized: Develop an underlying feeling of safety, learning to trust both self and others a little bit at a time

<u>Possible discussion questions:</u>

- When and how did you first learn about attachment theory and styles?
- What did you learn from your family about emotions and vulnerability? Were healthy emotions modeled, restricted, or labeled?
- What were some key things or takeaways you learned?
- How do you think your early experiences may have affected you in adulthood? For instance, how was your relationship with your caregivers, and did you ever feel rejected as a child?
- Was there a parent whom you felt closest to, and why do you think that was?
- How has learning about this concept changed or affected your current or future relationships? Looking back, is there anything you could have done differently?
- Have you noticed any recurring patterns or behaviors in your current relationships? How do they start, and how do they end?
- Whom did you used to turn to for comfort and support as a child? Who do you turn to for comfort and support now?
- Do you have any role models that now shape your view of attachment?
- What are some ways that you have found to help become more secure?
- How do you think this topic fits into the idea of emotional intelligence?