

What is Attachment?



Attachment

- The emotional bond and relationship between people
- Foundational component in emotional regulation
- Origins of cause/effect thinking
- Foundations of conscious and ability to be empathetic
- Foundational component in confidence, self-esteem, and self-image
- Creates (or doesn't) a secure base from which we can explore the world.
- Early childhood is the key developmental period for attachment.



Why is attachment important?

- Teaches us that we are lovable.
- Increases sense of belonging
- Development of trust
- Provides a security when faced with traumatic events or stressful situations.
- Shapes the choices we make and relationships we have later in life.

