

Childhood Trauma and Adult Relationships:

- Childhood abuse impacts adult relationships through developed attachment style.
- Those behaviors relate to safety, security, trust, dependency, and intimacy.
- All attachment styles are concerned with safety, security, and trust but manifest in different ways.
- Attachment styles can be changed.

Adverse Childhood Experiences:

- The CDC-Kaiser Permanente adverse childhood experiences (ACE) study is one of the largest investigations of childhood abuse and neglect and household challenges and later-life health and well-being.
- The original ACE study was from 1995 to 1997.
- Discovered that ACES have lasting, negative effects on health, well-being, and opportunity.
- Both acute and chronic health conditions include a range of conditions affecting the heart, digestive, reproduction, muscle and bones, and nervous systems.
- Survivors can experience mental health problems such as depression and posttraumatic stress disorder (PTSD) symptoms.
- They are at higher risk for engaging in behaviors such as smoking, binge drinking, and sexual risk behaviors.
- People from marginalized groups are at higher risk for worse consequences.

The Ten: Abuse: Physical, Sexual and Emotional Neglect: Physical and Emotional, and Household Challenges including Mental Illness, Addiction, Domestic Violence, Incarceration, Divorce/Separation

Centers for Disease Control and Prevention:

- 1 in 5 Americans sexually molested as a child
- 1 in 4 beaten by a parent to the point of leaving a mark
- 1 in 3 couples engage in physical violence
- 1 in 8 witness mothers being beaten or hit
- ¼ grow up with an alcoholic relative
- 15% of all violent crime is intimate partner violence.
- 1 in 5 women and 1 in 71 men in the United States has been raped in their lifetime.
- 1 in 8 American adults has an ACE score of 4 or higher

Attachment Theory:

- Infants develop better, socially and emotionally, when they form a close bond with a primary caregiver who is:
 - *good at reading their cues*
 - *responding to their needs in a warm, sensitive and timely way.*
- This results in growing up **trusting** that the others can help them feel safe, cared for, and supported in the world.

Types of Attachment Styles:

- Secure
- Insecure-Anxious
- Insecure-Avoidant

Secure Attachment:

1. Babies with secure attachment show their distress in an observable way, but their response is not excessive.
 2. They are relaxed about seeking help.
 3. More interactions with caregivers end in being calmer and ready to move on from the stressful event.
 4. Experienced being well cared for and therefore assume they can find safety and comfort in others
 5. During negative experiences, they have support to help them navigate.
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6. Able to easily make adjustments to new information and changing circumstances.
 7. Feel hopeful about, value and prioritize relationships.

8. Value repair when there has been an injury or breach in the relationship.
 9. Handle differences and complexity in relationships confidently.
 10. Can slow down, process and think through conflict.
 11. Bounce back faster and more fully from disappointments, learning from experience and applying lessons to avoid repetition.
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12. Those with secure attachment typically expect their partners to provide effective help and comfort.
13. Feel more emotional safety to the people they are close to.
14. Collaborative and flexible
15. Comfortable having needs and can communicate them and make requests for support with ease.
16. More resilient around conflict. Does not get defensive or give up.

Insecure-Avoidant Attachment:

Minimizes or denies needs

1. Less likely to cry during stressful situations and appeared indifferent about getting help from their caregivers.
 2. Appeared “fine” but showed elevated stress hormones in their bodies.
 3. They were affected by stress, but did not show it.
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4. Positive attention required doing something “right.” (good grades, sports, etc.)
 5. Praised for talent, not for *being*.
 6. Results from routine refusal to acknowledge child’s distress or fear.
 7. Parental suppression of displays of emotion (stop crying, grow up, toughen up)
 8. Train self and others to believe you don’t have needs.
 9. Ignores or denies conflict.
 10. Wary of commitment.
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11. Learn that “no one is coming for you” so you soothe yourself.
 12. As adult, does not believe support and help will be there and is seen as inconveniencing others.
 13. Feels safest when taking care of needs on their own.
 14. Being alone provides comfort when bothered.
 15. Focuses on helping others and neglects self.
 16. Unmet needs are more tolerable than asking for help.
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17. Have commitment issues
 18. Difficult to read

19. Are not in touch with their feelings
 20. Frequently check out or withdraw in stressful situations
 21. Are filtered, guarded or rejecting.
 22. Can result in others not feeling cared about by the avoidant person.
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23. Self-reliant.
 24. Considered easy going and low maintenance.
 25. Don't chase or enjoy the spotlight by making needs known.
 26. Dislike people who do.
 27. Logic and reason are comfort zones
 28. Able to sense criticism coming.

Insecure-Anxious Attachment:

Fear of abandonment and doubt needs will be met

1. Responded to same stressful events with more crying and distress.
 2. Sought out caregiver but also appeared to reject the caregiver's attempts to provide relief.
 3. Attempts to soothe were more labored by caregiver did not result in a fully soothed baby.
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4. Put in the unfair position of being responsible to help a parent feel better.
 5. When our survival is dependent on the well-being of someone else, we pitch in.
 6. Children are asked to do this before they have the resources to take care of themselves, done out of a sense of survival anxiety.
 7. Becomes built into your blueprint of what's needed to get love from someone.
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8. Difficulty feeling consistently safe and trusting in relationships. Fears dependence yet can be overly dependent.
 9. Need to connect, which can cause "overfocus" on the other person.
 10. Relationships have more ups and downs.
 11. Reactions seem overblown relative to the perceived threat.
 12. Act more impulsively in relationship-threatening ways.
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13. Feel hurt deeply, even over minor incidents, believe the feared betrayal has already happened.
 14. Say and do regrettable things. (Ultimatums, threats, declarations)
 15. Relationships most likely to be negatively impacted.
 16. A person who usually is reliable will make a "misstep" and reinforces that people cannot be trusted.
 17. Frequent depletion of relationship capital without reinvestment. (1 to 5)
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18. They are angry, abrasive, critical and demanding.

19. They are not satisfiable. There is always something wrong.

20. They're "high maintenance"

A. This behavior feels necessary to communicate the level of pain you are in.

B. Hopes the behavior will provide the craved security but actually pushes the partner away.