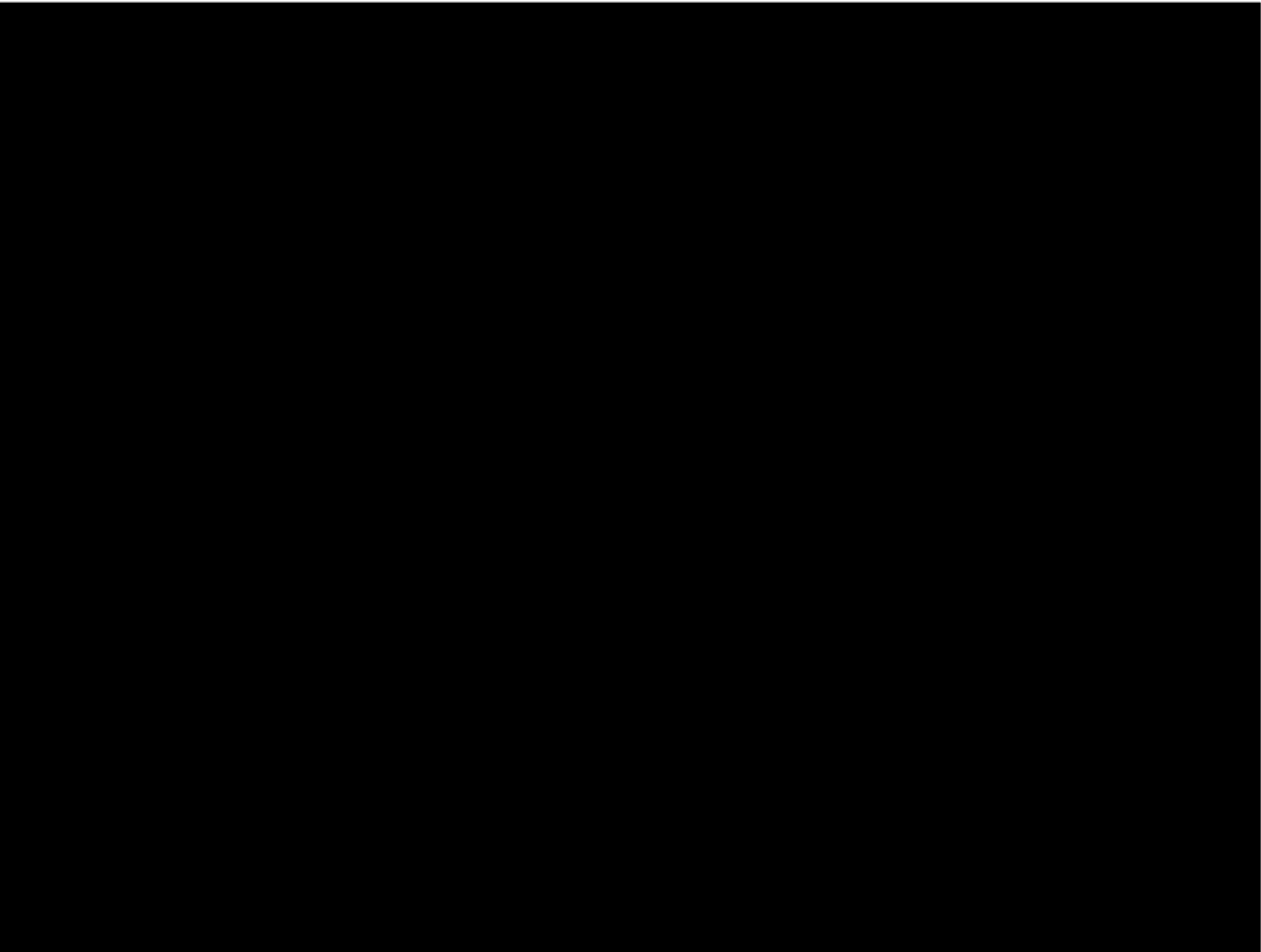


On Attachment



A new view on "Attachment"

**Developed by social
reinforcement**

**Maintained by current
circumstance**



Behavior ≠ Baseless

EVER!

REMEMBER:

**We do not "just have"
behavioral patterns.**

**THEY'RE LEARNED FROM
PAST EXPERIENCE**

**Your social behaviors
were co-created
with early contacts**

**And those will persist
until you learn otherwise**

Behavior \neq Baseless

← relationship behaviors, too.

**Reinforcement
will increase the behavior**

**Punishment
(including no response)
will decrease the behavior**

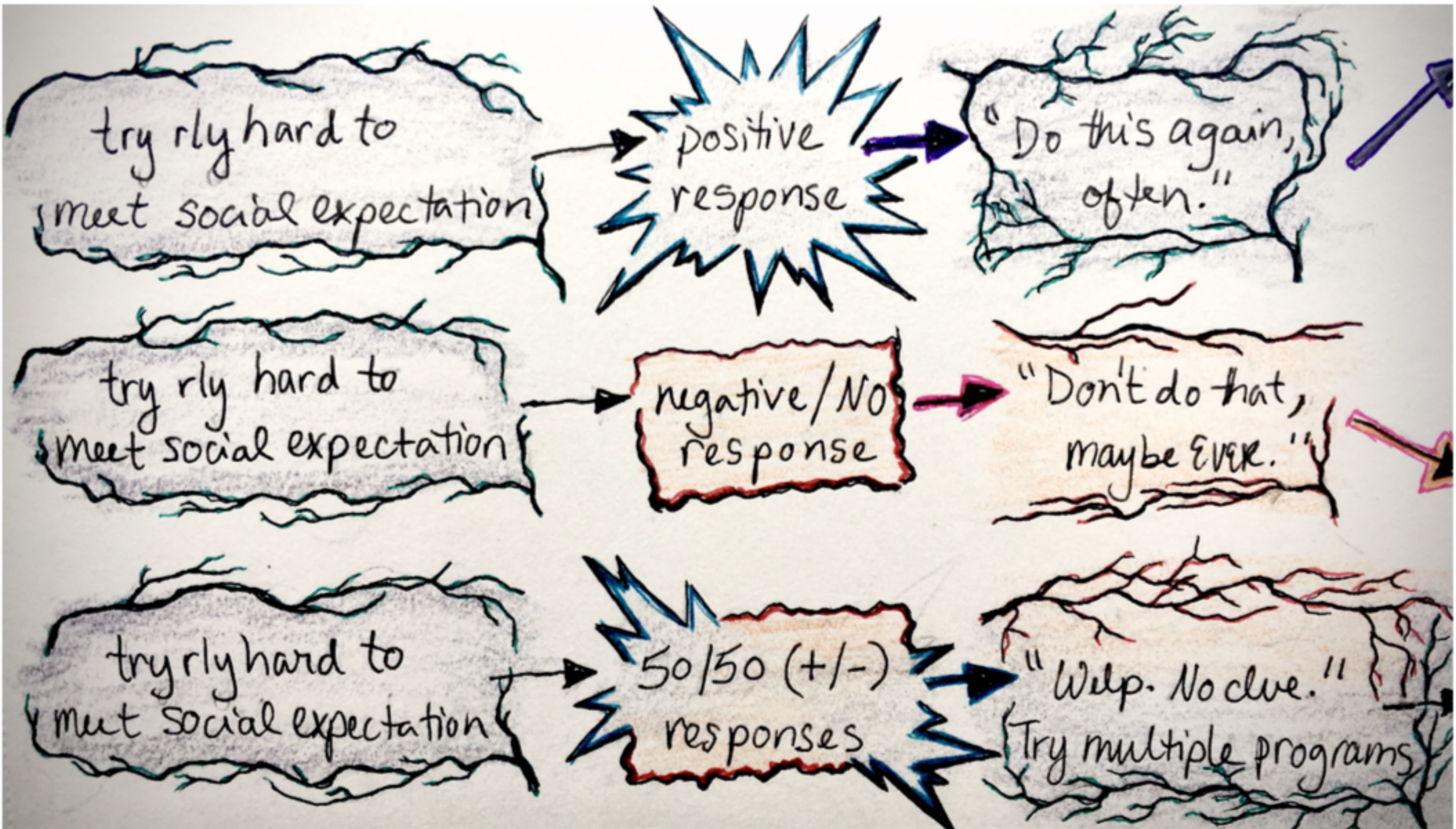
Behavior \neq Baseless

← relationship behaviors, too.

Experience is Reinforced → ↑ brain program usage

OR

Experience is Punished → ↓ brain program usage
(ignored counts)



Long term "attachment" results

anxious attachment

" I'd just do ENOUGH things will be okay."
◦ working for constant-enforcement
◦ NO reinforcement → PANIC

avoidant attachment

" NOTHING is ever enough,
On my own I'm okay."

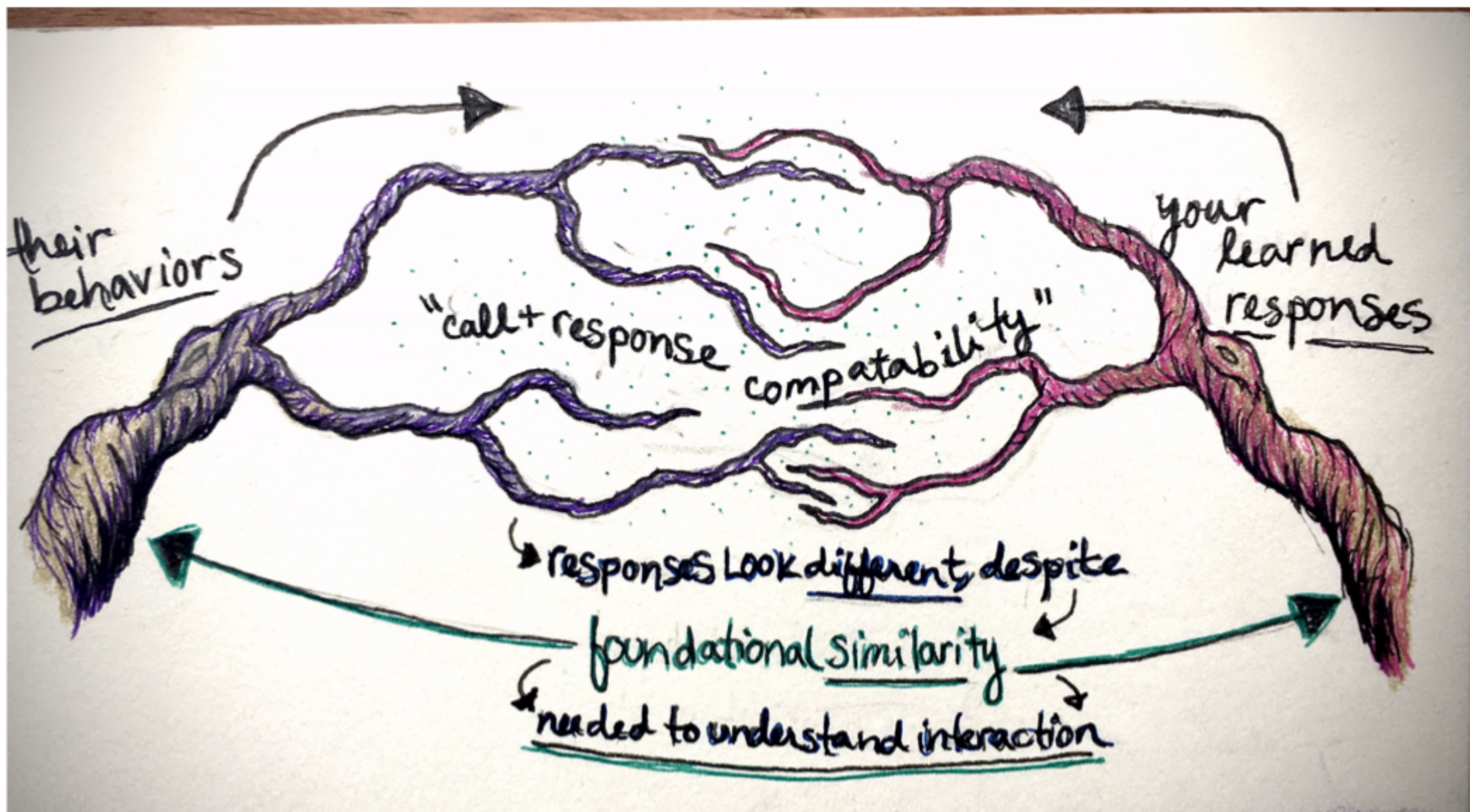
◦ acting to avoid future pain
◦ possible PUNISHMENT → PANIC

disorganized attachment

**(Disorganized Attachment =
back and forth attempts
with anxious and avoidant
strategies)**

**But are these
"attachment styles"
PERMANENT?**

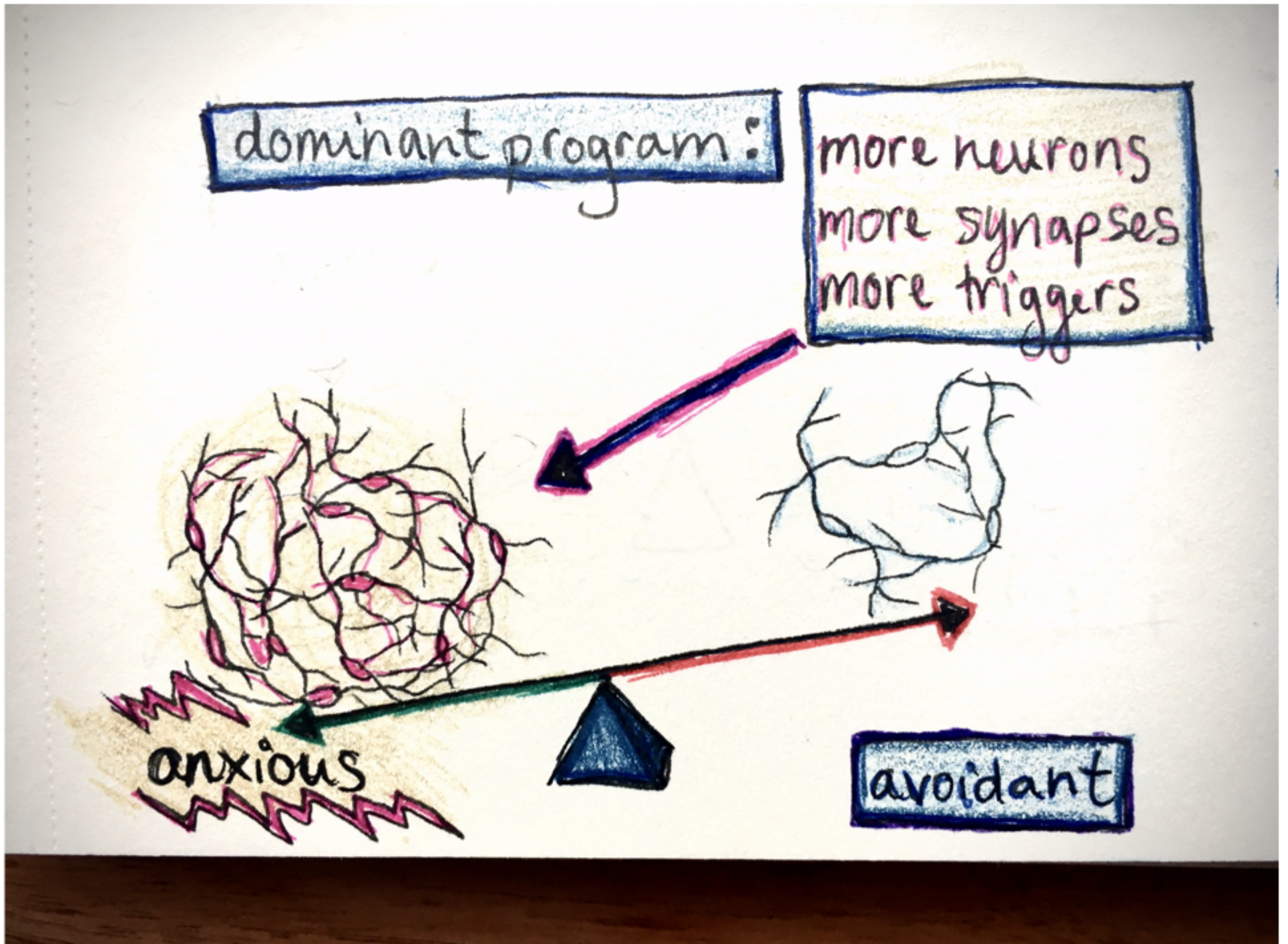
Neural Interplay - social program development with others



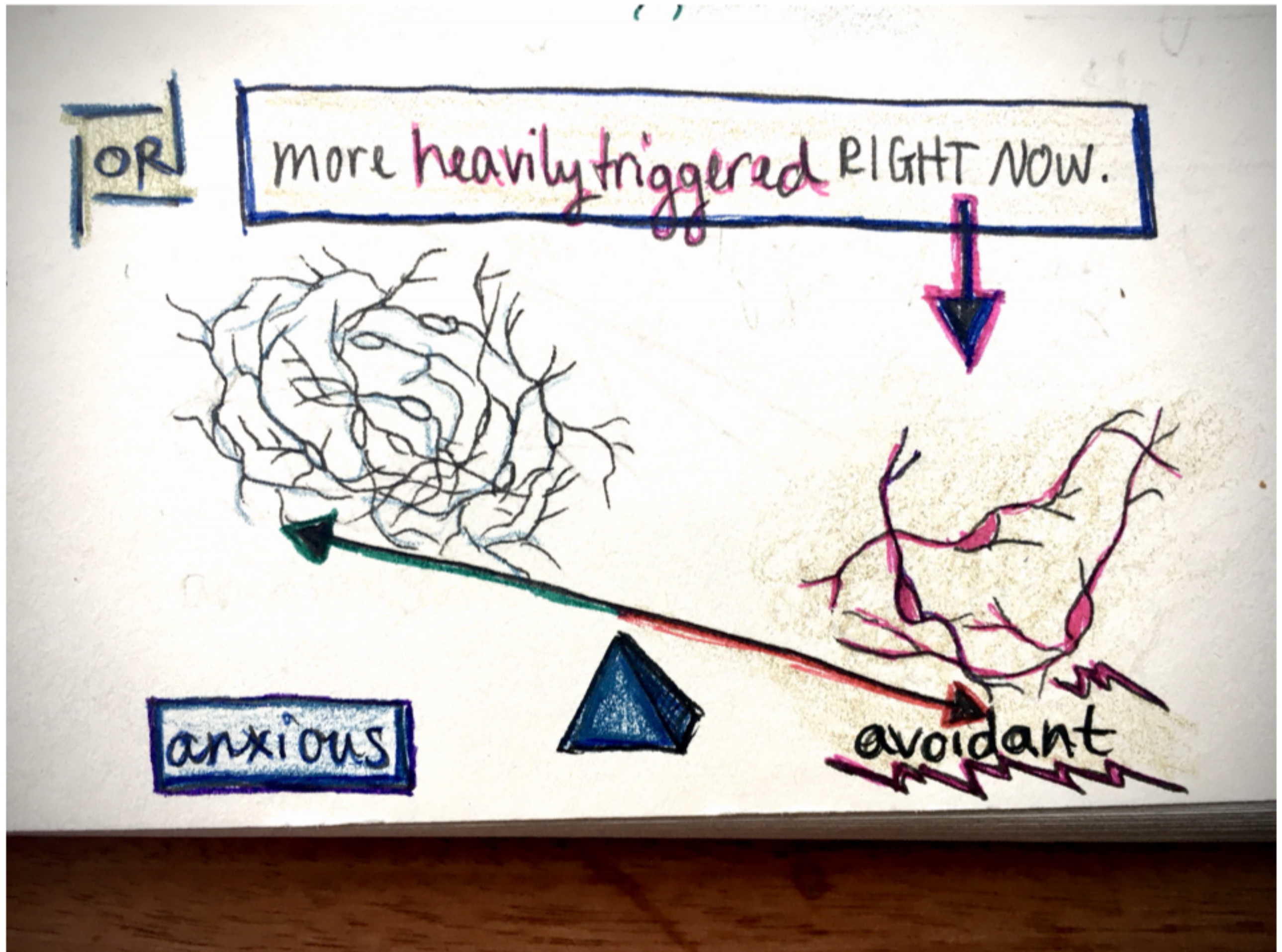
So is "attachment" forever? Or circumstance-dependent?



1) Longer term "attachment choice" because program is more developed



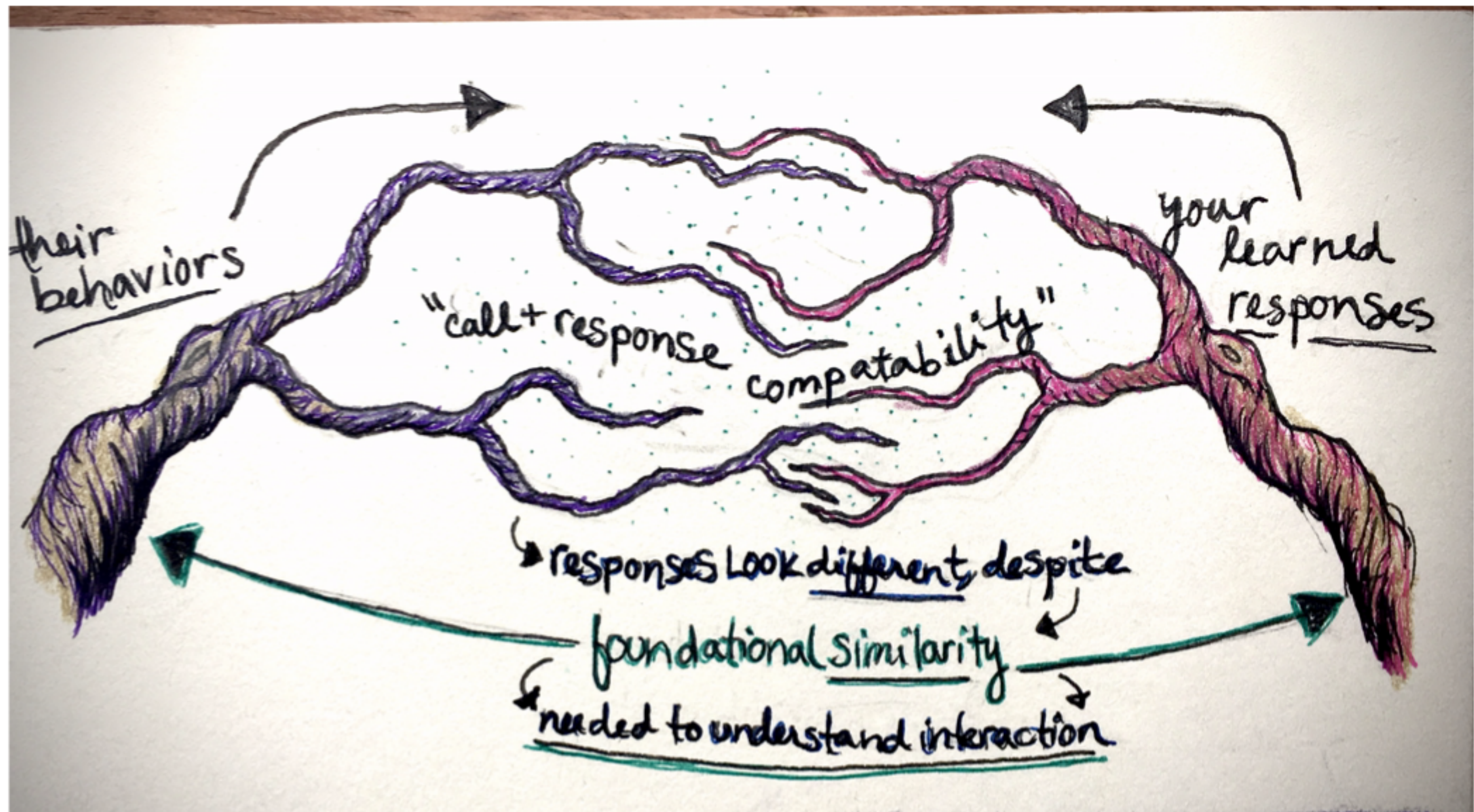
2) Shorter term "attachment choice" because interaction is / isn't reinforcing 'the usual'



So is "attachment" forever? Or circumstance-dependent?



Social program development AND later maintenance



Depends on Us + Others

**Change your learned
history, change your
attachment.**

**Change your modern
interactions, change
your attachment.**

**Change your usual social
contacts, change your
attachment.**

**In the next Attachment
Discussion...**

**Change your view of "Self,"
change your attachment?**

**And finally promote
well-being?**

