

Characteristic in Attachment Style	Secure	Ambivalent	Avoidant	Disorganized
Healthy vs. Impaired	Healthy Attachment	Impaired Attachment	Impaired Attachment	Impaired Attachment
Organized vs. Disorganized	Organized	Organized	Organized	Disorganized
Percentage of kids in population	50% to 75%	4% to 25%	15% to 30%	15% to 25%
Child's response to need for connection or help.	Child looks to caregiver for connection when frightened, hurt, or separated.	Child pulls caregiver close, then quickly pushes caregiver away.	Child turns away from caregiver and relies on him/her self for help or connection.	Child helps him/her self or connects with the caregiver by care taking or punishing them.
Caregiver's Behavior	Adequate, reliable	Alternates between attention and preoccupied or emotionally distant.	Neglectful and rejecting.	Both frightens and comforts the child.
Child's Behavior	Optimistic, seeks comfort.	Clingy or fussy	Avoids the caregiver, prefers strangers, inappropriate self-reliance	Unusual behavior, indicates how the child avoided the abuser
Attachment in Adulthood	Good self-esteem, shares feelings, seeks trusting relationships	Afraid to be close to others, worries partner will not return feelings of love	Emotionally distant, Unable or unwilling to share feelings, self-sufficient	Emotionally distant, untrusting, chaotic, insensitive, explosive.