

Discuss five specific ways from the course where you can apply in your life. Pick a topic in the course. Demonstrate your comprehension of the topics by defining or describing the concepts. Discuss how it can apply to your life and how the information can be beneficial.

### Format

- Number your examples 1-5
- Include proper references of any sources
- You may quote

### A Sample from the teacher

Throughout this class I have related to many different concepts. I have discovered a great deal about my own life as well as insight to other people's life. One concept that related to my life is "attachment vs. insecure attachments". Attachment is "an emotional tie with another person; shown in young children by their seeking closeness to the caregiver and showing distress on separation" (142). When I was young, I did not have a strong attachment with my mother. She was not around often and because of that my emotional tie was broken. Insecure attachments in infants are usually marked by anxiety and avoidance of trusting relationships. In daycare centers, babies with insecure attachment are often seen clinging to their mothers and not willing to explore their surroundings. Although I don't remember myself as an infant, I do believe this lack of attachment at that age severely impacted me through adolescent years. I was not keen on making friends or even having a boyfriend. If I did, they were short and I never remained close to someone. The book talks about the effects of feeling insecurely attached during childhood. It says, "one [main form] is anxiety, in which people constantly crave acceptance but remain vigilant to signs of possible rejection. The other is avoidance, in which people experience discomfort getting close to others and use avoidant strategies to maintain distance from each other" (147). This really opened my eyes to see why I had that mentality as well as my behavior in relationships. Only now with hard work and therapy I am able to have and maintain attachment with my few friends and boyfriend.

NOTE: (142), (147) - pages from Textbook

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