**Attachment Styles in Relationships**

Name

Institution Affiliation

Course

Instructor

Date

**Attachment Styles in Relationships**

**Scenario 1: Anxious-Ambivalent Attachment Style**

**Identifying the Attachment Style**

A notable feature observed throughout the first scenario is the extreme need for affirmation and fear of rejection whenever misunderstandings occur. They are likely to experience anxiety if their partner distances themselves: They start pursuing their partners to get close again by texting or stalking. These are characteristics of the anxious-ambivalent attachment model, in which clients want closeness and reassurance but also worry about possible rejection or abandonment, so they rely on stormy reactions in conflict (Ryan, 2021).

**Approaching the Client**

First, I would support the client in learning to take a break from the dispute and practice using coping mechanisms such as pressure point application and deep breathing. Teaching positive self-talk or talk-appropriate coping methods can be beneficial in avoiding the constant compulsion to seek reassurance (Ryan, 2021). Furthermore, revisiting past relationships with caregivers could reveal the roots of this attachment, which is beneficial for the healing process. Maintaining safety would also be important in the relationships, given that it provides a foundation that enhances the prospects of a healthy interaction between the two parties.

**Personal Encounter**

I have met a friend with this particular attachment style who always requires their significant other to calm them down. Each time there was a misunderstanding, they could text or call each other until they were replied. The feeling of betrayal and fear of being abandoned made them act the way they did, which made me factor the need for emotional security into my decisions.

**Scenario 2: Anxious-Avoidant Attachment Style**

**Identifying the Attachment Style**

In Scenario 2, which also has an avoidant coping style, the individual feels at ease only when the social partner is not close and has distress when intimacy is established. Therefore, this makes them angry and withdraw when affection is offered, an aspect considerably associated with the anxious-avoidant attachment. They are highly self-reliant and emotionally detached and do not seek intimacy as they perceive close relationships as a form of encroachment on freedom (Karna & Simon, 2024).

**Approaching the Client**

Initially, I would establish a safe space with this client where the client can express how they feel about intimacy and independence (Karna & Simon, 2024). Using the cognitive-behavioral focus, I would help the client identify and challenge the negative perceptions of intimacy. Second, the participants should identify methods of handling situations where they get discomforting moments of affection, enabling them to learn how to endure delicate touching and create a more stable bond with their significant other.

**Personal Encounter**

I observed this negative attachment style in a fellow employee who avoided collaboration and preferred to work independently during group assignments. When team members attempted to include them more, they acted defensively and withdrew themselves from the interactions, referring to their self-created discomfort of dependency and rejection of codependency.

**References**

Karna, A., & Simon, S. (2024). Exploring emotion regulation mechanisms and attachment styles in individuals with childhood traum. *World Journal of Advanced Research and Reviews*, *22*(1), 302-311.

Ryan, E. (2021). Conflict Communication Styles and Trust in Adult Attachment Styles.