

Dismissive/Avoidant Attachment

Your Personal Report



The
Attachment
Project



Contents

Who Is The Attachment Project? 01

The Importance of Human Attachment 02

Understanding Your Scores 03

Profile Dismissive/Avoidant

Dismissive/Avoidant is one of the three insecure attachment styles. 05

How Does Your Attachment Style Develop? 06

The Five Conditions for Secure Attachment 07

What can you do? 08

We can help! 09



Thank you for your interest in The Attachment Project.

This document outlines your results on the self-report attachment quiz. Your personal report can be found from page 4 onwards.



Our Mission

Healing an insecure attachment may take dedication, patience, and persistence - although this might be challenging, it is entirely achievable.

Cultivating a secure attachment requires knowledge, practice, and the ability to reflect on yourself (including your experiences, relationships, skills and weaknesses, and beliefs, amongst other factors).

Our mission is to provide you with the necessary insight, skills, and inspiration so that you can develop a sense of security and feel safe - both in relationships and on your own.



The Importance of Human Attachment

Why Attachment?

Human attachment plays an essential role in our survival as babies as well as in our relationships and overall well-being later in life.

Since our attachment styles are formed so early, we neither remember much about this stage of development nor do we have control over it. Therefore, our attachment traits are typically subconscious and automatic.

As a consequence, we might find ourselves repeating the same unhealthy patterns - in our relationships with ourselves and with others - over and over again.

Love & Intimacy

Relationships are a central part of our lives. After all, we are social beings with an innate need to belong.

When it comes to love and intimacy, attachment has a huge influence on the way we select our partners, communicate with them, and act in relationships with them.

For this reason, cultivating attachment security is the key to building and maintaining healthy, balanced, and long-lasting partnerships.

Mental Health & Self-Love

Attachment doesn't only affect the way we perceive others and our relationships with them; it also affects how we see and feel about ourselves.

Possessing attachment security helps us to feel calm, safe, and able to express our true selves.

It enables us to form a clear idea of what we want in relationships and communicate our needs openly. This not only has a profound impact on our happiness and fulfillment, but also on our sense of identity, self-esteem, autonomy, and purpose in life.

Fearful Avoidant/Disorganized

Understanding Your Scores

Tips for Understanding and Interpreting Your Different Attachment Scores

Our attachment quiz includes a scientifically developed and validated questionnaire, called the ECR-RS (Experiences in Close Relationships - Relationship Structures)*. As you might have noticed, you answered a set of questions for different relationships; for each of your caregivers, partner, and other people in general. Based on your answers, your scores (anxiety and avoidance scores) for each relationship were calculated.

On the graphic, you'll find the estimations of your attachment to each of your caregivers as well as to your partner. Each circle on the graphic has the same color as the one in the results description for the specific relationship (e.g. Below the graphic, the word "partner" is blue, so the circle representing the attachment for this relationship is also blue.).

In some cases, you might notice that your attachment scores for all relationships (caregivers and partner) do not match your profile - your general attachment. This, however, is nothing to be concerned about. It might be that you exhibit a certain pattern of attachment towards people you meet; and yet, in close intimate relationships, you have a different approach. Or it could be that you have a specific attachment pattern towards your caregivers, but not towards other people in your life.

The important thing to remember is that there is no right or wrong when it comes to how you experience your relationships. And there's nothing wrong with having different emotional experiences with different people in your life.



Profile

Dismissive/ Avoidant



Dismissive/Avoidant is one of the three insecure attachment styles.

Characteristics of Dismissive/Avoidant Attachment Style Are:

- You prefer to maintain an emotional distance from others. If someone does attempt to forge an intimate bond with you, you may pull away from the relationship.

Displays of emotion, opening up to others, and expressing your feelings make you

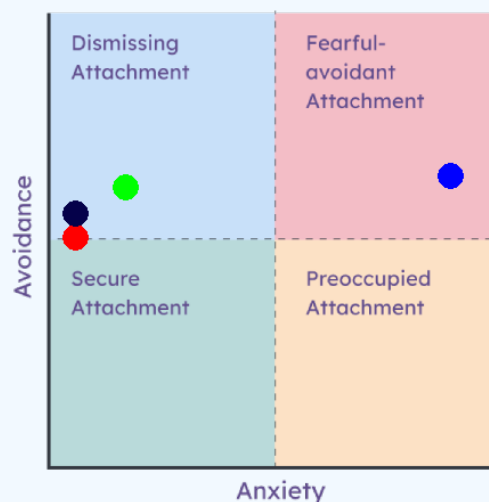
- uncomfortable. When other people try to open up to you, you may minimize their emotional expressions.

- You may come across as aloof and distant to others.

You dislike being dependent on others, and see yourself as self-sufficient and independent.

- You may present a false persona to the world.

Emotional intimacy, trust, and dependency on others are difficult concepts for you. You prefer to create personal boundaries and rely on yourself



● Score Mother: Anxiety: 1.33 / Avoidance: 4

● Score Father: Anxiety: 2 / Avoidance: 4.67

● Score General: Anxiety: 1.33 / Avoidance: 4.33

● Score Partner: Anxiety: 6.33 / Avoidance: 4.83



How Does Your Attachment Style Develop?

The avoidant/dismissive attachment style is typically formed during the formative period in a child's life - the first eighteen months - as a response to the child's relationship with their primary caregiver(s). It is thought that this attachment style forms from the child's perception of how their caregivers responded to their needs; in their understanding, they perceive their caregiver as rejecting their needs. However, it's important to understand that these caregivers may not have intentionally or consciously rejected their child's wants and needs, but instead that the child understood their actions in this way.

This perception of rejection causes the child to withdraw and repress their attachment system. Their attachment bond with their caregiver is affected because the child understands that their needs will be rejected, ridiculed, or ignored. Thus, the child's ability to trust and depend on others is ruptured and continues to break down.

This rupture to the attachment bond can also be the result of caregivers acting dismissive towards their child's accomplishments. Or, alternatively, this rupture can happen when caregivers place and express overly high expectations on their child. In such instances, a child may be unable to live up to these expectations and their caregivers may minimize their accomplishments. In both cases the child learns that their accomplishments and achievements are not important and this belief continues into their adult life.

For the above reasons, children with the avoidant attachment style often become independent and self-sufficient adults. Based on their early years, they have learned that they can only rely on themselves - others are unreliable. Furthermore, they may place a lot of emphasis on success to the detriment of personal relationships.

All of these factors don't mean that someone with this attachment style doesn't want to be in a relationship; however, the traits of their attachment style are interfering with their ability to open up and feel secure with their partners.

The Five Conditions for Secure Attachment

1. Felt Safety

As a parent, first and foremost, you want your child to feel protected. If your child feels protected, they feel safe. For the infant and toddler, safety means closeness to the caregiver, as they are the source of food, warmth, and protection. Danger means separation from them, beyond the comfort zone.

The attuned caregiver is fiercely protective but not overwhelming, intrusive, or ignoring. They give their child space and freedom to explore the world, but stay close enough so that the child has a felt sense of safety.

When the infant strays too far and becomes frightened, they know that they can run to the caregiver and be enveloped in a warm, protective embrace, secured against the world. This conveys a message: "You are safe. You are loved. You are loveable."

2. Feeling Seen and Known/Attunement

Attuned parents can read their baby's cues accurately and respond to their needs. Attuned responses give infants information about the effects of their behavior. Children learn that when they signal a need, they can expect a prompt, predictable, and accurate response. The result is a feeling of control over their lives, starting early on: "I signal that I'm hungry, and I get fed; I signal that I'm tired, and my mother rocks me to sleep."

3. Felt Comfort/ Soothing and Reassurance

The attuned parent's arms are open and inviting. When the child is distressed, the caregiver reassures and soothes the child back to a calm emotional state.

Helping the child manage their distress and frustrations will help them develop an internal model of being soothed and comforted. Over time, the child will develop the ability to manage their own distress and self-soothing.

5. Felt Support for Best Self

Children need to feel supported and encouraged to explore their world joyfully and safely.

Parents who champion this have a deep faith in their child and always provide them with a safety net. Deeply involved in their child's life, parents give the child space and thrust them towards autonomy and independence. This sense of security allows the child to explore, discover, succeed, and fail; and through such exploration, the child develops a good, autonomous, strong, and unique sense of self.

4. Feeling Valued/ Expressed Delight

Feeling valued begins in infancy and is the foundation of healthy self-esteem development.

Parents who raise children with healthy self-esteem repeatedly express their joy about who the child is rather than what the child does. They focus on Being rather than Doing. Such parents exhibit "expressed delight" to the child and about almost everything the child does. They focus on the joys of parenting, not the chores.

Did You Know?
According to our recent research on our audience's quiz results, the condition that scored the highest from both caregivers is Protection. In contrast, the condition that scored the lowest is Attunement.

Brown & Elliott et al. (2016), designed a study to specifically examine secure attachment, in this way identifying the conditions necessary to raise a securely attached child. According to the study results, if these conditions are not met, an insecure attachment style is likely to develop.

What can you do?

By this stage, you likely have a deeper understanding of the avoidant/dismissive attachment style, as well as whether its traits align with your behavior.

If you're wondering about the next possible steps for you, it may be helpful to attempt to recognize your triggers and patterns of behavior within relationships. By examining your thoughts, emotions, and actions, you may be able to figure out what your needs are, as well as how someone else can meet them in a relationship.

What's more, an important element in changing your behavior patterns is recognizing that relationships don't just revolve around you; you need to consider the other person's role in the partnership. Your attachment style does not make you inherently self-centered, but you may close down to other people because you subconsciously expect them to reject your needs at some stage.

Instead of relying on preexisting negative core beliefs, perhaps examine what it might be like if you were to explore the opposite of what you believe: How might you feel if you were to allow yourself to depend on someone else? What would the positive outcomes be? What would your life look like if you were to allow others to grow emotionally close to you?

The goal of this task is to critically examine whether your current situation is satisfying your emotional needs, or whether you would feel more fulfilled if you were to allow yourself to become intimate and emotionally dependent on another person.

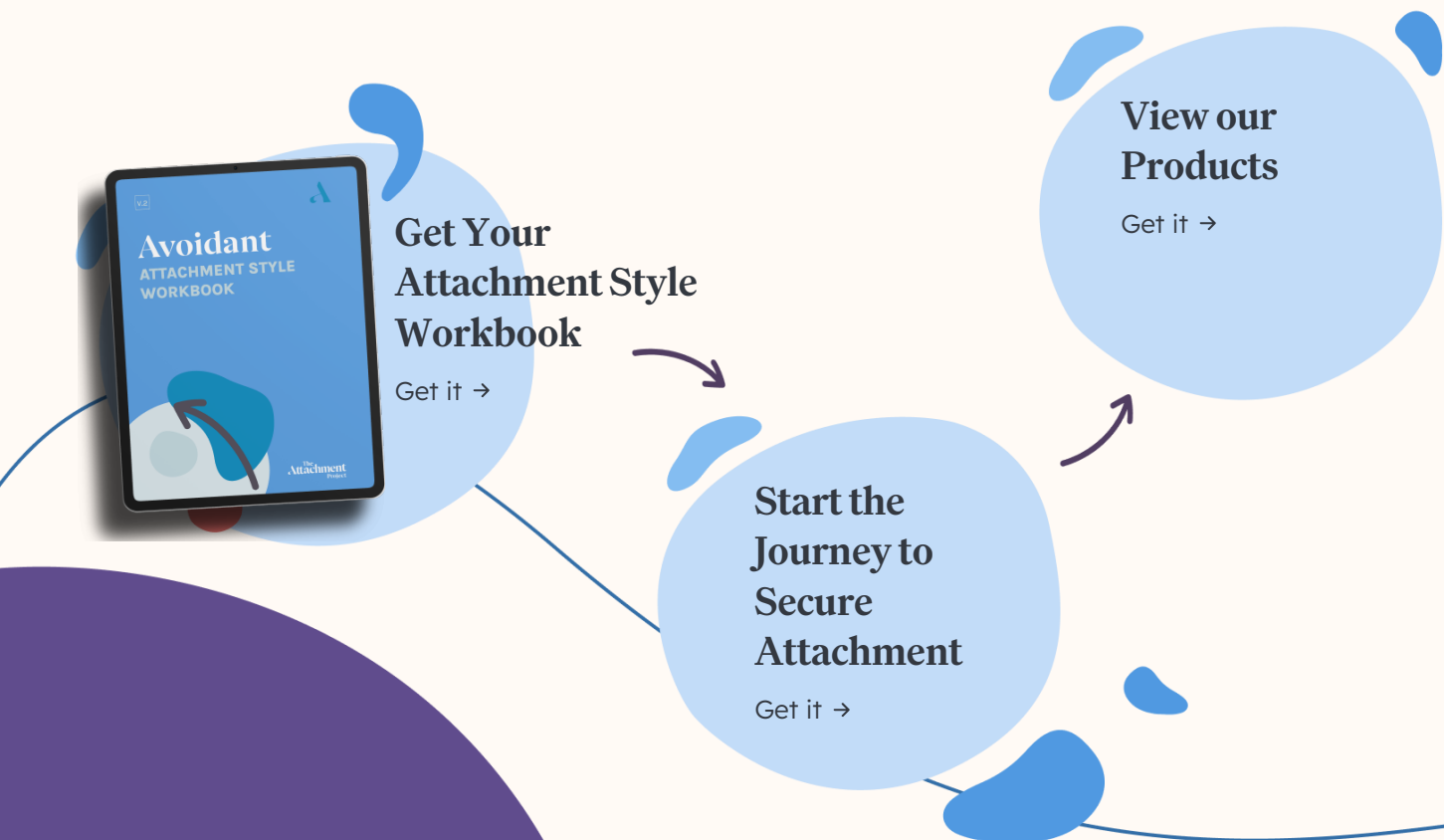


We can help!

We know that having a dismissive/avoidant attachment style can be difficult: It can be confusing and overwhelming to not be able to open up to others, which is an essential aspect of meaningful and long-lasting relationships.

But there's no need to feel trapped or hopeless - we've got your back! Below, we've outlined a series of steps you can take on your journey towards cultivating attachment security.

The Path to Cultivating Secure Attachment



The Attachment Project

**ATTACHMENT STYLE REPORT | COPYRIGHT © 2020-2025
MINDONLY PTY LTD. ALL RIGHTS RESERVED.**

Special thanks to R. Chris Fraley from the University of Illinois for making the use of this test possible and for his contribution to the attachment field. This test is used with permission from R. Chris Fraley from the University of Illinois at Urbana-Champaign.

Source (ECR-RS): Fraley, R. C., Heffernan, M. E., Vicary, A. M., & Brumbaugh, C. C. (2011). The Experiences in Close Relationships—Relationship Structures questionnaire: A method for assessing attachment orientations across relationships. *Psychological Assessment*, 23, 615–625.

Further Sources: Ainsworth, M. S. (1989). Attachments beyond infancy. *American Psychologist*, 44(4), 709-716.

Bowlby J. (1982). *Attachment and Loss: Volume 1 Attachment*. 2nd ed. New York: Basic Books.

Brennan, K.; Clark, C.; Shaver, P. (1998). Self-report measures of adult romantic attachment. In J. Simpson and W. Rholes, *Attachment Theory and Close Relationships*. New York: Guilford Press.

Brown, D. P., & Elliott, D. S. (2016). *Attachment disturbances in adults: Treatment for comprehensive repair*. WW Norton & Co.

Mikulincer, M., Shaver, P.R. (2007). *Attachment in Adulthood: Structure, Dynamics, and Change*. Guilford Press.