

# ATTACHMENT STYLE OBSERVATION

In order to understand the child's dominant way of relating to others, check all the behaviours or characteristics that you have observed on more than a few occasions.

Avoidant / Rejecting	Anxious / Ambivalent	Reactive / Avoidant
Quiet, withdrawn demeanour.	<input type="checkbox"/> Attention-seeking.	<input type="checkbox"/> Inattentive. <input type="checkbox"/>
Relies on knowledge more than feelings.	<input type="checkbox"/> Watchful of others.	<input type="checkbox"/> Socially isolated. <input type="checkbox"/>
Acts self-reliant even if unskilled.	<input type="checkbox"/> More dependent than most peers.	<input type="checkbox"/> Controlling of others. <input type="checkbox"/>
Seems more independent than most peers.	<input type="checkbox"/> Focused on feelings; ignores facts.	<input type="checkbox"/> Has a diminished range of emotions. <input type="checkbox"/>
Reluctant to ask for help from adults.	<input type="checkbox"/> Talks excessively.	<input type="checkbox"/> Disruptive in group situations. <input type="checkbox"/>
Denies feeling distress.	<input type="checkbox"/> Easily distracted, has difficulty focusing.	<input type="checkbox"/> Shows poor stress tolerance. <input type="checkbox"/>
Has limited use of language.	<input type="checkbox"/> Has trouble settling by themselves.	<input type="checkbox"/> Acts like they know everything already. <input type="checkbox"/>
Tries to take care of adults.	<input type="checkbox"/> Struggles with cooperating in group situations.	<input type="checkbox"/> Swings between being withdrawn and loud. <input type="checkbox"/>
Looks settled, even happy.	<input type="checkbox"/> Has difficulty following rules.	<input type="checkbox"/> Has compulsive behaviours. <input type="checkbox"/>
Has sudden, brief tantrums when stressed.	<input type="checkbox"/> Does not learn from consequences.	<input type="checkbox"/> Overwhelmed by strong feelings. <input type="checkbox"/>
Isolated from peers and adults.	<input type="checkbox"/> Over-sensitive to signs of rejection.	<input type="checkbox"/> Acts aggressive when feeling anxious. <input type="checkbox"/>
Avoids close relationships.	<input type="checkbox"/> Views others as all-good or all-bad.	<input type="checkbox"/> Acts coy when challenged by others. <input type="checkbox"/>
More focused on activities than on people.	<input type="checkbox"/> Shifts back and forth on views of others.	<input type="checkbox"/> Constantly scanning the environment. <input type="checkbox"/>
Focuses on shortcomings and failures.	<input type="checkbox"/> Finds it hard to maintain friendships.	<input type="checkbox"/> Difficulty managing emotions. <input type="checkbox"/>
Uncomfortable celebrating achievements.	<input type="checkbox"/> Acts clingy with adults.	<input type="checkbox"/> Struggles to understand others' emotions. <input type="checkbox"/>
Acts with indifference to new situations.	<input type="checkbox"/> Possessive of peers.	<input type="checkbox"/> Has difficulty in unsupervised settings. <input type="checkbox"/>
Struggles to enjoy creativity or imagination.	<input type="checkbox"/> Poor understanding of cause and effect.	<input type="checkbox"/> Struggles with learning. <input type="checkbox"/>
Under-achieving.	<input type="checkbox"/> Struggles to take responsibility for actions.	<input type="checkbox"/> Easily humiliated. <input type="checkbox"/>