

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Quiet, withdrawn demeanour.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	Swings between being withdrawn and loud.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