

Patterns of adaptation tend to take these forms

Attachment Stage	If Your Carers Are...	You May Feel...	And Tend to Exhibit...
0-1½ years "safety and belonging"	reliably available and warm	safe	secure attachment
	cold and rejecting — "don't be"	unwanted, rejected — "I have no right to exist"	withdrawal — "avoider"
	inconsistently available — "don't need me"	abandoned — "I can't get my needs met"	holding on — "clinger"
Exploration Stage	If Your Carers Are...	You May Feel...	And Tend to Exhibit...
1½-3 years "connected separateness"	providing protective limits and encouraging exploration	free to investigate	curiosity
	smothering, overprotective — "don't be separate"	smothered — "I can't say no and be loved"	distancing — "isolator"
	neglectful — "don't be dependent"	neglected — "I can't count on anyone"	pursuit — "pursuer"
Identity Stage	If Your Carers Are...	You May Feel...	And Tend to Exhibit...
3-4 years "sense of self"	mirroring identifications and supporting assertions	accepted for who you are	an integrated self
	selectively mirroring, controlling — "be what we want you to be"	shamed, dominated — "I can't be me and be accepted and loved"	rigid, punishing — "controller"
	deflecting and invasive — "don't assert yourself"	invisible, used — "I'll never be seen, valued, and accepted"	yielding, self-effacing — "diffuser"
Competence Stage	If Your Carers Are...	You May Feel...	And Tend to Exhibit...
4-7 years "personal power"	giving clear instructions and supporting efforts	self-confident	empowerment, positive risk taking
	selectively praising and demanding excellence — "don't make mistakes"	punished, guilty — "I have to be perfect"	competitiveness, limited praising — "competitor"
	ignoring achievements and offering no guidance — "don't be powerful"	achievements are devalued — "I can't be aggressive or express anger"	manipulation — "compromiser"
Concern Stage	If Your Carers Are...	You May Feel...	And Tend to Exhibit...
7-13 years "friendship"	modelling and encouraging good friendships	comfortable in relationships with peers	healthy friendships, including a "best" friend
	overprotective, disapproving of friends — "don't be close"	rejected, lonely — "I'm not lovable"	lack of connection — "loner"
	disapproving of autonomy and self-care — "don't have any needs of your own"	own needs are not legitimate — "others need me"	taking care of others — "caretaker"
Intimacy Stage	If Your Carers Are...	You May Feel...	And Tend to Exhibit...
adolescence "closeness and loving"	supporting intimate relationships and sexuality	comfortable with adult intimacy	positive sexual and emotional partnerships
	overly restrictive — "don't grow up"	controlled — "I am not trusted"	rebellion, suspicion — "rebel"
	conservative, rigid — "don't be different"	disapproval — "I have to do what's right"	self-righteousness — "conformist"