

# THE ABANDONMENT (AMBIVALENT) ATTACHMENT STYLE\*

The Way I Love, Feel, & Act (Problem)	Why I Love, Feel, & Act this Way (Cause)	How the Way I Love, Feel, & Act Affects Me & Others (Consequences)	How I Can Change the Way I Love, Feel, & Act (Solution) <sup>5</sup>
<ul style="list-style-type: none"> <li>• I struggle with where I stand with people – do they love me or not?</li> <li>• I struggle with meeting the expectations of others, which has caused me anger and disappointment, and I fear rejection and abandonment.</li> <li>• I struggle to handle things on my own, and I feel incapable.</li> <li>• I struggle with aloneness and emptiness, and I have no value apart from someone else – I need someone to protect me and care for me, and as a result, I may go from one relationship to another.</li> <li>• I trust others to meet my needs, but I fear they might abandon me because of my personal defects, and my feelings of worthlessness.</li> </ul>	<ul style="list-style-type: none"> <li>• Parent[s] were unhappy with my performance because I did not meet their expectations. They were demanding and controlling. When I did well, they loved me but when I failed, they rejected and abandoned me. As a result, I struggle with anger, anxiety, despair, low self-esteem, and I am terrified of criticism and being embarrassed – nobody understands me.</li> <li>• I feel angry towards God, and in times of trouble I desperately search for someone to attach to, and when no one is available, I suffer from anger, sadness, and depression.</li> </ul>	<ul style="list-style-type: none"> <li>• If I don't get the love I deserve, I become angry and clingy.</li> <li>• I avoid close relationships due to fear of rejection, which causes others to feel rejected.</li> <li>• I look to others to fill the emptiness in me, which drives them away from me.</li> <li>• When others don't acknowledge my feelings, I become angry, and my anger can sometimes lead to rage.</li> </ul>	<ul style="list-style-type: none"> <li>• I must take the time and effort to learn that God created me to be in a relationship with Him and others.</li> <li>• Learning to trust God and others is at the heart of intimacy. This requires opening my heart and expressing my true feelings to God and others. I learn to trust as I know and become known in the body of believers – this takes time and will not happen overnight.</li> <li>• I must invest the time and effort to learn that I am worthy of love, and God and others are also able to provide love, peace, security, support, and encouragement in good and bad times, but this healing process takes time and will not happen overnight. Just as I grow physically, I also grow spiritually – a process that takes time).</li> <li>• I must make God the priority in all relationships.</li> <li>• When I complete these steps, I should gradually move from the abandonment attachment style to the secure attachment style.</li> </ul>

\* Dr. Tim Clinton & Dr. Gary Sibcy. *Attachments: Why You Love, Feel, & Act the Way You Do*. Thomas Nelson Publishers. Brentwood, TN. 2002. And Dr. Tim Clinton & Dr. Joshua Straub. *God Attachment: Why You Believe, Act, & Feel the Way You Do About God*. Howard Books. New York, N.Y. 2010.