

THE GLASS HALF-EMPTY (DISORGANIZED) 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) ⁷
<ul style="list-style-type: none"> • I struggle to see the positive in the world, the glass is always half empty, and I see darkness everywhere. • I struggle with the self-perceived fact that others are unable to meet my needs. They are untrustworthy, unreliable, and abusive; and I deserve it. • I struggle because I am not capable of getting love without being angry and clingy. • I struggle with emotional outbursts during stressful times, and deal with unexplained anxiety and panic attacks. • I struggle with facing reality, and as a result I check out by living in a fantasyland as my coping method. • I struggle to communicate my thoughts, feelings, and intentions because I don't know how. This is because I have buried the pain of the past, and I have rid myself of anything that reminds me of the past. 	<ul style="list-style-type: none"> • Parent[s] physically, emotionally, mentally, and/or sexually abused me. Their marriage was difficult and violent, and one or both were chemically dependent. I blame myself for what has happened to me. • Boundaries are a continuation of my life story of loss. • I self-medicate through a mixed set of behaviors: addictions, self-protection, clinginess, anger, and even fiery rage. • God is uncaring and wrathful like my parents, and I am afraid to express my feelings for fear that God will further punish me. 	<ul style="list-style-type: none"> • My negative attitude weighs others down. • I make commitments based on emotions, but when the emotion dies, I do not follow through. • I have trouble learning from my past experiences. • I am unable to see the consequences of how my current behavior will affect my future. • Because anxiety and panic attacks often overcome me, I am unable to focus on healthy problem solving (flight, fright, or fight). • My relationships with others are fragile because of my lack of trust, fear of abandonment, fear of intimacy, and sexual identity. • I have a compulsiveness to repeat the past – I select friends and partners who are prone to aggression, manipulation, and rejection – I am unable to see or acknowledge these defects of character. 	<ul style="list-style-type: none"> • I must take the time and effort to learn that God created me to be in a relationship with Him and others. • 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. • 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). • I must make God the priority in all relationships. • When I complete these steps, I should gradually move from the disorganized attachment style to the secure attachment style.

* 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.