

Avoidance: Type A

Controlling, coercive
Running away
Laughing (as a defence) when confronted/told off
Unable to trust
Dread of closeness, distant,
Emotionally unavailable
Little visible display of emotion
Dread of emotion, 'freezing'
Depressed
Repress, inhibit feelings and needs to avoid annoying parent
Angry
Detached, appearing cold, shy, awkward, gauche, too preoccupied to notice infant's needs
Defended, dismissive with the attitude: "appearance is all that matters!"
Wary, fearful of intimacy; appear abrupt, sharp or harsh towards their child
Withdraw at sign of distress
Parents appear agitated, distressed or hostile towards their young children
Eye contact is difficult to maintain
Denial of feelings "Stop it! You've nothing to cry about"
Parent may be responsive when child doesn't come too near
Punishing, punitive; "the child's got to learn self control!"
Ignoring, shutting down
Busyness, engaging in play to avoid closeness
Too bright e.g. perpetually singing, yet falsely cheerful
Strong feeling e.g. rage & hurt, is inhibited due to fear of rejection
Self-reliant, solitary, self-sufficient
Polite, stiff, formal way of talking
Literal play, lacking in imagination
Independent, competent at set tasks
Comfortable in activity with low emotional content (solitary computer games)
Perfectionism, workaholic
Can be hostile in order to keep others at bay
Lack of social interaction i.e. with feeling focus
Conflict in play tends to lack solution
Play reveals markedly little tension, exhibiting a life of not much happening
Needs order, schedules
Projects self as strong, invulnerable
Others' emotions are a source of irritability, puzzlement, embarrassment
Impatient, restrained, reserved
Few friends, socially isolated
Trapped, unconnected, resentful of responsibility parenthood demands
Idealise memory of childhood attachments, minimising importance of hurts
Those who sexually abuse are more likely to deny their involvement
Reserved, so unable to share worries
Lacking empathy, parent is un-attuned to their infant
Children show compulsive care giving toward parents

Ambivalence: Type C

Need to make things happen; disorder; no structure to family life
Fear of being lonely or isolated; terrified of rejection
Blurred generational boundaries
Entangled/enmeshed: everyone wanting to know what everyone else is doing
Moody & preoccupied with who prefers who, who is being unfair to who in the family: "it's about *me!*"
Fearful of losing family membership
Attention seeking such as heavy drinking at pub,
Exaggerated illness, leaving children at council offices
Copious crying in others' presence
Threatening own children with abandonment e.g.
"You make me want to kill myself...if I die it will be your fault"
Insensitively demands of children's affection when they're otherwise occupied
Aggressive to people in authority, especially if they disagree with you
Unpredictable/Erratic, frequently disappointed, so hard to please
Distractible, confused, poor concentration
Victimised, Feels powerless, helpless, flat
Uncertain how to feel, how to react towards your own children
Perceive own children as mainly demanding and difficult, tetchy, fretful
Verbal accounts of children alternate between being glowing & hateful
Can't stand or cope with being teased
Feeling overlooked and unwanted
Makes heavy emotional demands on others, over vigilant of children
Splitting: Taking sides & angrily rejecting opposing views
"You're wonderful - much better than my last key worker"
Blaming of others (it's never your fault!)
Parent and infant become unable to regulate each other's feelings
Clinging, tugging, following parent everywhere, crying
Reluctant to explore (in case parent disappears)
Seesaw of emotions from lack of prediction as parent is too sensitive or too insensitive
Find it hard to be self reliant
Showing off, act silly and don't know when to stop
Controlling: "Do you love me more than my sister/brother?
If so you'll do what I want to do"
Monopolising: "Will you be my best friend and play with no one else?"
Distressed by separation from parent/carer
Seeks closeness but resists comfort; cling but fight
Dependant: Feel incompetent, unworthy, low self esteem
Relentless focus on parent/caregiver
Listless, apathetic, passive, delayed development
Varying between being dull/ helpless and frantic/desperate
Quick to escalate and explode leads to provocative risk taking behaviour
Tend to 'act out' rather than 'explain' feelings
Hard to name and differentiate feelings
Tendency to dislike/distrust certain foods
Problems with eating sleeping and paying attention
Constant, indiscrete chatter

Disorganised: Type D

Highly vigilant, wary of mood & behaviour of others
Denial and distortion of thoughts and perceptions
Fear of close relationships
Intense, chronic fears
Lacking empathy or congruence
Provokes rejection due to intense, chronic fears
Easily swamped by emotions
Submissive to parent while aggressive to others away from home
Appears to have no remorse
Appears unwilling or unable to change behaviour
Superficially charming to strangers, while dismissing to carers/parents
Extravagant, grandiose (though unrealistic) claims
Restlessness, constantly seeking action likely to lead to anti-social outcome
Dislike of being touched or held
Lack of affectionate behaviour, bossy with carers
Anger, blaming especially towards female carers
High resentment
Lack of playing
Few smiles
Crazy fabrication
May be cruel to pets
Ridicules, humiliates, belittles others (repeating what's been done to him/her)
Accident prone - reckless with impunity (as a defence against anxiety)
Denial of danger or fear
Coercive, demanding
Tendency to trash toys in temper
Preoccupation with blood, gore, weapons, e.g. violent drawings etc
Experiences the world as frightening and unpredictable
Multiple moves and changes of care within short space of time
Parents involved in serious drug, alcohol abuse and crime
Parents suffering mental ill-health and affective disorders
Parents who suffered abuse in childhood, that was never resolved
Parental role inversion - compulsive care-giving
Parents are frightening, exploitative, emotionally unavailable, hostile;
Parents who suffered abuse in childhood, that was never resolved
Children unable to acknowledge parent's failure to love or protect them
Fear of abandonment
Fear being destroyed by aggressive feelings
Rhythmic rocking, head banging, self harm (self biting)
Under duress, infants may thrash around, toddlers cover face with hands
Hiding, fearfully (under tables, behind furniture etc)
Unconsciously excludes perceptions, experience such as affectionate response
Lacking coherent strategy to gain sufficient proximity to get needs met
Apprehensive, fearful, often using contradictory approaches
Trances (freezing); dissociating
Constantly trapped in 'fight - flight - freeze' response to anticipated trauma
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