Reflection on Attachment

When I took the attachment style quiz I scored a primary dismissive avoidant attachment. I realize my attachment with my mom has hugely affected my relationship with everyone else. I believe this is partly due to inconsistently having access to either caregivers. As a child my feelings and emotions were either not acknowledged or not validated. Through thoroughly researched this attachment style and I understand my relationship with others have reflected dismissive avoidant closely. I recognize I require consistency to feel safe in relationships. It is challenging for me to open up about my feelings. Transparency is not something that comes naturally for me but has been a goal of mine to grow in. An example of this attachment style showing up in my relationships is at the start of p12 one of my members stated I was not transparent and asked that I opened up more. I originally thought “that’s scary” but I said sure I would be more intentionally about being transparent. For a full year I was intentional about sharing details about myself to follow through with my goal. A year later this member then said she felt like she did not know anything about me and that I needed to try to be more transparent. I immediately shrunk back and retreated; I felt my efforts were not acknowledged so why keep trying. Being emotional and transparent was already a challenging task for me, I recognized the response I received was extremely triggering to me due to having developed a dismissive attachment with my caregiver.