

How your attachment style is impacting your current relationships – Information and Resources

Additional reading

- Levine, A and Heller, R, 2010. Attached: The new science of adult attachment and how it can help you find and keep love. Penguin.
- Chen, A, 2019. The attachment theory workbook: Powerful tools to promote understanding, increase stability & build lasting relationships. Althea Press.
- What is attachment theory: <https://www.verywellmind.com/what-is-attachment-theory-2795337#citation-1>
- The attachment project: <https://www.attachmentproject.com>

Self-assessment tools

- Adult Attachment Questionnaire (AAQ)
- Adult Attachment Scale (AAS)
- Attachment Style Questionnaire (ASQ)

References

- Ainsworth, M D and Bell, S M, 1981. Attachment, exploration, and separation: Illustrated by the behavior of one-year-olds in a strange situation. In *The Life Cycle: Readings in Human Development* (pp. 57-71). Columbia University Press.
- Bowlby, J, 1969. Attachment and loss (No. 79). Random House.
- Fraley, R C and Roisman, G I, 2019. The development of adult attachment styles: Four lessons. *Current opinion in psychology*, 25, pp.26-30.
- Gross, J J ed., 2013. *Handbook of emotion regulation*. Guilford publications. Chapter 15.
- Levine, A and Heller, R, 2010. Attached: The new science of adult attachment and how it can help you find and keep love. Penguin.
- Shaver, P R and Mikulincer, M, 2009. An overview of adult attachment theory. *Attachment theory and research in clinical work with adults*, pp.17-45.