

The Five Primary Conditions that Promote Secure Attachment

(Brown & Elliott, 2016)

Secure attachment develops relationally, and so these conditions are dyadic – they involve both the hoped-for experience of the infant and the behavior of the caregiver that can create such experience. These also apply to patient/client and therapist dyads, and also to partners in intimate relationships who want to cultivate secure intimacy.

<u>Infant Experience</u>	<u>Caregiver Behavior</u>	<u>Beneficial Effect*</u>
Felt Safety	Protection	Safety All developmental lines
Feeling Seen and Known	Attunement: to behavior to inner state to developmental range	Self-Esteem Self Development Metacognitive Development
Felt Comfort	Soothing; Reassurance	Emotion Regulation
Feeling Valued	Expressed Delight	Self Esteem Metacognitive Development
Felt Support for Best Self	Support and Encouragement for inner and outer exploration	Self Development

*In addition to attachment security, the consistent experience of each of these conditions benefits particular developmental lines.