

Contents

PART I. Attachment Theory: Its Original Version and Our Expansion of It

- | | |
|--|----|
| 1. Attachment Theory and Security Dynamics | 3 |
| 2. An Outline of the Expanded Theory | 36 |
| 3. The Expanded Theory in Relation to Other
Social-Psychological Theories | 71 |

PART II. Seeking and Attaining Felt Security: The Distress-Relief Cycle Involving Proximity Seeking and Others' Responsiveness

- | | |
|---|-----|
| 4. Facing Threats and Challenges: Seeking a Safe Haven
and Secure Base for Exploration | 101 |
| 5. A Cost of Becoming Attached: Facing the Threat
of Attachment-Figure Unavailability | 128 |
| 6. Feeling Protected and Supported:
Calming and Empowering Effects | 155 |
| 7. Feeling Protected and Supported:
Security-Enhancing Effects | 183 |

PART III. Intrapersonal, Relational, and Societal Implications of Attaining or Failing to Attain Security

- 8. The Broaden-and-Build Effects of Felt Security: Resilience, Subjective Well-Being, and Mental Health 213
- 9. The Broaden-and-Build Effects of Felt Security: Mature, Other-Oriented Love 239
- 10. The Broaden-and-Build Effects of Felt Security: Personal Growth and Autonomous Relatedness 268
- 11. Thwarted Security and the Development of Anxious and Avoidant Patterns of Self-Regulation and Relating 296

PART IV. Epilogue

- 12. Wrapping Up, Taking Stock 325

APPENDICES

- APPENDIX A. Hazan and Shaver's (1987) Attachment-Style Prototypes 339
- APPENDIX B. Experiences in Close Relationships Scale (ECR) 340
- APPENDIX C. ECR-12: A Brief Version of the Experiences in Close Relationships Scale (ECR) 342
- APPENDIX D. Experiences in Close Relationships—Relationship Structures Measure (ECR-RS) 344
- APPENDIX E. Client Attachment to Therapist Scale (CATS) 346
- APPENDIX F. Pet Attachment Questionnaire (PAQ) 348
- APPENDIX G. Group Attachment Scale (GAS) 350
- APPENDIX H. Organizational Attachment Scale (OAS) 352

<i>Contents</i>	xi
APPENDIX I. Attachment to God Inventory (AGI)	353
APPENDIX J. Attachment to God Scale (AGS)	355
References	357
Index	421