PSYC 325: Discussion Questions  
Week 4  
*Topic: Attachment Theory*

1. In Hazan & Shaver, 1987, the researchers claim that there is significant evidence to indicate that the three attachment styles (secure, anxious, avoidant) in infancy identified by Bowlby are carried on into adulthood. Would the three different types of attachment styles differ in what types of characteristics they find ideal in mates? If so, how?

2. With regards to the three attachment styles, what types of external factors would help shape these models as the individuals grow throughout their lives? Is it possible to change your attachment style? If so, how?

3. Collins & Allard, 2001, outlines four different types of attachment styles. Imagine that each of these types is personified into either a male or female. How would these four different types of people act in a bar on a Friday night? In other words, how would they interact with the other patrons?

4. Fraley and Shaver (1998) used airport separations to study adult attachment dynamics. What other situations can you think of that may threaten the stability of a romantic relationship, and how would you see attachment styles play out in them?

5. How can the different attachment styles, especially in the context of romantic love, be explained evolutionarily?

6. Does having a highly anxious or avoidant attachment type benefit and/or hinder adult relationships (romantic or peer ones)?

7. Can attachment theory explain abusive romantic relationships?

8. How may the manifestation of attachment styles in adult relationships differ cross-culturally (e.g. displays of affection)?