

## Book Club Discussion Guide

1. In chapter 2, the authors refer to the "dependency paradox": "The more effectively dependent people are on one another, the more independent they become". How strongly do you agree or disagree with this statement?
2. What does a "secure base" (described in chapter 2) mean to you? What is it made up of? Can you think of a time when having a secure base made a real difference in your life? How would you feel about providing a secure base for someone else?
3. ATTACHED talks about three attachment styles. What is yours? Can you identify your current and/or past partner's attachment style?
4. The authors state that it's the *combination* of two people's attachment styles that determines what the relationship will look like. Do you agree with this statement? Have you experienced very different relationships with people depending on their attachment styles? Can you think of relationships (yours or others) in which a particular combination is apparent?
5. In your experience, do attachment styles play a role in other areas of life, for example, with friends, family members or at work?
6. In chapter 5, the authors explain "protest behavior" and give examples of it. Can you identify certain protest behaviors that you most often use? What is most likely to trigger these behaviors? Can you identify protest behaviors used by your current or past partners? How did you react to them?
7. In chapter 5, several explanations are provided for the fact that people with an anxious attachment style are attracted to avoidants. Have you ever felt you were attracted to people you knew were wrong for you? Why was it hard for you to resist nonetheless? Do you think you've ever overlooked a great potential partner because s/he didn't put you through the mill?
8. On page 117, the authors talk about "deactivating strategies" often used by people with an avoidant attachment style to distance their partner. Can you identify any deactivating strategies that you use? Have you ever had a partner who used any of these strategies to distance you? What thoughts/feelings did this evoke?
9. In chapter 8, the origins of our attachment style are discussed (page 138). Were you surprised to learn that attachment styles can't necessarily be traced back to our childhood attachment to our parents? What do you think influenced your attachment style?

10. Chapter 9 talks about the concept of "priming for security": Identifying someone you know who has a secure attachment style and conjuring images and recollections of how they interact in the world. Who is the secure role model in your life? What is the most important thing that you take from this person?
11. One of the implications of effective communication (Chapter 11) is being very honest and forthright from the very start of the relationship. Do you think this is realistic? What would prevent you from using effective communication in a relationship (initially or later on)? Do you think our culture encourages us to play games in the beginning of a relationship?
12. Secure people deal with conflict differently than others (Chapter 12). What are some of the conflict pitfalls you tend to fall into? Which secure strategies for conflict resolution would you like to adopt?
13. What do you wish you had known about relationships earlier in life? What would you have done differently?
14. What are the 2-3 insights you'd most like to take from ATTACHED? Which goal would you like to set for yourself based on your new understanding of the science of attachment, attachment styles and secure relating?