

# ATTACHMENT AND ADAPTATION SYMPTOMS AND ILLNESSES

**TABLE 3: SURVIVAL STRATEGY COMPONENTS**

APPRAISAL OF MEANS OF SURVIVAL	SURVIVAL STRATEGIES	ADAPTIVE/SUCCESSFUL RESPONSES			MALADAPTIVE/ UNSUCCESSFUL RESPONSES			TRAUMA RESPONSES
		BIOLOGICAL	PSYCHOLOGICAL	SOCIAL	BIOLOGICAL	PSYCHOLOGICAL	SOCIAL	
MUST SAVE OTHERS	RESCUING PROTECT PROVIDE	↑ ESTROGEN ↑ OXYTOCIN ↑ OPIOIDS	CARE EMPATHY <u>DEVOTION</u>	RESPONSIBILITY NURTURE <u>PRESERVATION</u>	SYMPATHETIC & PARASYMP AROUSAL	BURDEN DEPLETION <u>SELF-CONCERN</u>	RESENTMENT NEGLECT <u>REJECTION</u>	ANGUISH COMPASS FATIGUE CAUSED DEATH
MUST BE SAVED BY OTHERS	ATTACHING PROTECTED PROVIDED	?↑ OPIOIDS	HELD, CARED FOR NURTURED <u>LOOKED AFTER</u>	CLOSE SECURE CONTENTMENT <u>UNION</u>	↓ OPIOIDS	YEARNING NEED CRAVE <u>ABANDONMENT</u>	CRY INSECURE DEPRIVED <u>SEPARATION</u>	HELPLESSNESS CAST OUT LEFT TO DIE
MUST ACHIEVE GOAL	ASSERTING COMBAT WORK	↑ E, NE ↓ CORTISOL ↑ IMMUNOCOMP	STRENGTH CONTROL <u>POTENCY</u>	WILL HIGH MORALE <u>SUCCESS</u>	↑↑ E, NE → DEPLETION E, NE ↑ BP, ?CHD	FRUSTRATION LOSS OF CONTROL <u>IMPOTENCE</u>	WILLFULNESS LOW MORALE <u>FAILURE</u>	EXHAUSTION "BURN-OUT" POWERLESSNESS
MUST SURRENDER GOAL	ADAPTING ACCEPT GRIEVE	PARASYMP AROUSAL ↑ CORTISOL	ACCEPTANCE SADNESS GRIEF <u>HOPE</u>	YIELDING MOURNING <u>TURN TO NEW</u>	↓ CORTISOL ↑ IMMUNOCOMP ↑ INFECTION, ?↑CA	OVERWHELMED DEPRESSION <u>DESPAIR</u>	COLLAPSED WITHDRAWAL <u>GIVING UP</u>	DAMAGE GIVEN IN SUCCUMBING
MUST REMOVE DANGER	FIGHTING DEFEND RID	SYMP AROUSAL ↑ N, NE ↑ BP	THREAT REVENGE <u>FRIGHTEN</u>	DETERRENCE WOUNDING <u>RIDDANCE</u>	↑↑ SYMP AROUSAL ↓ CORTISOL	HATRED PERSECUTION <u>KILLING</u>	ATTACK ERADICATION <u>DESTRUCTION</u>	HORROR EVIL MURDER
MUST REMOVE ONESELF FROM DANGER	FLEEING RETREAT SAVE ONESELF	SYMPATHETIC & PARASYMP AROUSAL	FEAR TERROR <u>DELIVERANCE</u>	HIDING FLIGHT <u>ESCAPE</u>	NE DEPLETION ↑ E & CORTISOL	PHOBIA PARANOIA <u>ENGULFMENT</u>	AVOIDANCE PANIC <u>ANNIHILATION</u>	"INESCAPABLE SHOCK" BEING HUNTED, KILLED
MUST OBTAIN SCARCE ESSENTIALS	COMPETING POWER ACQUISITION	↑ TESTOSTERONE SYMP AROUSAL	WINNING STATUS <u>DOMINANCE</u>	CONTEST HIERARCHY <u>POSSESSION</u>	↓ TESTOSTERONE ↓ FEMALE HORMS ↑ CORTISOL	DEFEAT GREED, ENVY <u>EXPLOITATION</u>	OPRESSION STRUGGLE <u>PLUNDERED</u>	TERRORIZATION MARGINALIZATION ELIMINATION
MUST CREATE MORE ESSENTIALS	COOPERATING TRUST MUTUAL GAIN	↑ OPIATES ↓ BP, E, NE	MUTUALITY GENEROSITY <u>LOVE</u>	INTEGRATION RECIPROCITY <u>CREATIVITY</u>	↓ OPIATES ?↑ PARASYMP AROUSAL	BETRAYAL SELFISHNESS <u>ABUSE</u>	DISCONNECTION CHEATING <u>DISINTEGRATION</u>	ALIENATION FRAGMENTATION DECAY

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# **ATTACHMENT**

## **PHYSICAL EFFECTS SEPARATION**

Distress vocalizations suppressed by morphine.  
Increased and then decreased heart rate and temperature.  
Sympathetic → cortisone secretion. Immune system depressed.  
Failures of physiological synchrony. Predisposition to later cancer.

## **ILLNESSES**

**PSYCHOPHYSIOLOGICAL** - choking in throat, glibus hystericus, breathing difficulties eg hyperventilation.

Feeding disturbances - over and undereating, oesophageal, stomach and bowel symptoms eg 3/12 colic, stomach pains in children, irritable bowel syndrome.

**PSYCHOSOMATIC** - peptic ulcer, asthma, skin disorders - allergies, urticaria, neurodermatitis. Weeping in the stomach, lungs, skin.

**EARLY MISATTUNEMENTS** endocrine, immune system dysregulations.

## **ADAPTATION**

**PHYSIOLOGY** - Shock, conservation-withdrawal syndrome, GAS. Cortisone, depression of immune system, parasympathetic nervous system.

**PSYCHOPHYSIOLOGICAL** - Heart rate, BP down, muscles relax, dizzy, sudden death. Lump in throat, suppressed weeping.

**PSYCHOSOMATIC** - aches and pains, sleeplessness, fatigue, increased mortality and morbidity. Infections, autoimmune diseases, cancer