

This paper explores adult attachment styles, linking them to childhood experiences. Attachment, a crucial emotional bond formed between infant and caregiver, significantly impacts emotional and social development. Bowlby's attachment theory posits that timely and adequate responses to a child's needs foster secure attachment, leading to positive attitudes and a sense of safety. Conversely, inadequate or frightening responses create insecure attachment, resulting in feelings of insecurity and negativity. Four attachment patterns emerge: secure, anxious, avoidant, and disorganized. These early experiences shape adult relationships, influencing partner choice and emotional responses to separation. Avoidant adults, often self-reliant due to unmet childhood needs, may appear successful but isolated. Anxious adults, conversely, constantly seek reassurance due to inconsistent early care. Disorganized adults experience emotional instability and struggle with intimacy. This theoretical overview lays the groundwork for further research on adult attachment styles.