Stellingen belonging to the dissertation

Attachment, caring and prosocial behavior

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1. Motivation for prosocial behavior might be suppressed by attachment insecurity.

2. Attachment experiences influence one’s general prosocial approach, not only in close relationships, but with others, including strangers.

3. By focusing on the volunteer motivations for each attachment pattern, one may increase pro-social behavior in insecure individuals, who have had poorer caregiving experiences.

4. The first years may be evident forever.

5. Deeper layers of the working models that underlie adult attachment, unfold within them early childhood perceptions of the close relationship between the parents as a couple, beyond the perceptions of the parents as caregivers.

6. Attachment bond is a psycho-physiological state.

7. Our relations with others are colored by a mixture of present and past bonds.

8. The extent to which trauma (like war) overwhelms and disrupts the parent's role in regulating the child, has a crucial influence on the child's development.

9. Promoting security enables the expression of curiosity and exploration.

10. Authentic relationships require integration of ambivalent feelings towards the other.

11. Following your tradition will illuminate your future.

12. Weaving security allows the therapist to unravel a life story, through knowing the unthought and hearing the unspoken.