Attachment A: Jung on Personality Type

“(E)veryone orients himself in accordance with the data supplied by the outside world…. (T)he data in themselves are only relatively decisive.” (CW 6, par. 563.
What makes the difference in these ways of dealing with outside-world data? The primacy of psychic structure.
“It is necessary, for the sake of clarity, to distinguish between the psychology of consciousness and the psychology of unconscious….“ (CW 6, par. 562)
The basic relationship between conscious and unconscious includes compensation, balancing, and completing.
Normally, extraversion and introversion work together making it possible for the individual to adapt to the world and to her/his essential nature—at least to some extent.
“A reversal of type often proves exceedingly harmful to the psychological well-being of the organism, usually causing extreme exhaustion.” (CW 6, 561)

Attachment B: Possible Limitations of one’s Personality Type

Extraverts (E’s) tend to
-- talk too much (especially about self)
-- lose energy alone or with one person
-- not always truthful (tend to embellish)
-- be liked, then not liked

Introverts (I’s) tend to
-- not talk enough (especially about self)
-- generally be closed to most people
-- lose energy in a group
-- be ignored and/or dismissed

Appendix C: Other Possible Personality Type Limitations

-- Judgers (J’s) can lack openness and follow rules slavishly.
-- Perceivers (P’s) can break rules and lack closure
-- Sensors (S’s) can lack creativity or generate ideas
-- Intuitives (N’s) can get lost in ideas and fail to “do”
-- Feelers (F’s) can disregard objective truth in favor of “feelings”
-- Thinkers (T’s) can disregard feelings in favor of objective truth
-- Sensing-Feelers (SF’s) can get lost in helping others
-- Intuitive-feelers (NF’s) can have difficulty separating from others
-- Sensing-thinkers (ST’s) can disregard feelings—their own and others
-- Intuitive-thinkers (NT’s) can look for what is wrong, and be “critical”
**Appendix D: Other Attachment Systems**

Bartholomew & Horowitz: 4-part system
- Secure, preoccupied, dismissing, fearful
Carlson et al.: 5-part system
- Secure, avoidant, anxious, disorganized, ambivalent
Kirkpatrick: 2 dimensional system
- Activating vs. deactivating (interpersonal)
  Autonomous vs. nonautonomous (individual)

**Appendix E: Research on Attachment**

Cohen and Clark (1984):
Absence of early object attachment is “reserved” (on 16-PF)
Presence of strong and persistent attachments is “tense” (on 16-PF)
McCrae and Costa (1991)
Extraverts and Intuitives display greater psychological well-being
Generally find that their preferred psychological type (ENFJ) has better adjustment
Cyr et al. (2008):
Mothers of secure children made more frequent verbal statements of emotional content
Mothers of avoidant children minimized emotional content
Mothers of disorganized children shared more frightening and hostile statements
Hazan and Shaver ((1987):
Secure lovers love experience is happy, friendly, trusting
Avoidant lovers show fear of intimacy, emotional highs and lows, and jealousy
Anxious-ambivalent lovers involve obsession, desire for reciprocation, highs and lows, and high sexual attraction
Kirkpatrick and Shaver (1992):
Individuals who espouse belief in God are more secure
Avoidant secure individuals were agnostic
Anxious/ambivalent individuals were more Pentecostal
Kobak and Hazan (1991)
Husband’s attachment security covaried with wives’ rejection during problem-solving
wives’ security covaried with quality of husbands’ listening during a confiding task
Mikulincer and Horesh (1999):
Anxious-ambivalent persons project their actual self-traits (projective identification)
Avoidant persons project their unwanted self traits (defensive projection)
Mikulincer et al. (1991):
Secure people are more self-disclosing
Anxious-ambivalent persons get angry with potential loss of closeness
Avoidant persons get angry with potential loss of distance
Secure persons tend to express less anger in general
Distinguish between anger of hope (functional) and anger of despair (dysfunctional).
Strossner and Mackie (1992)
Extraverts and Feelers are more secure
Extraverts express more positive emotions

Appendix F: Pathological Origins of Attachment Disorders

- Mother figure is unable to attach
- Mother figure is unable to detach
- Mother figures change (foster care, adoption)
- Mother figure is abusive
- Mother figure is neglectful
- Mother figure is indulgent
- Mother figure is ambivalent

Appendix G: Nonpathological Origins of Attachment Disorders

- Mother figures dies
- Sibling dies or leaves home
- Infant is hospitalized
- Adoption of any kind
- Feeding and allergic problems
- Neurological disruption in uterus
- Change of living situation

Appendix H: Symptoms of Attachment Disorders in Infants

- Avoids eye contact
- Doesn’t smile
- Doesn’t reach out to be picked up
- Rejects efforts to calm
- Rejects efforts to connect
- Cries inconsolably
- Not interested in playing interactive games
- Time spent self-soothing
Appendix I: Johnson-Brock Theory of Borderline Personality Disorder

Labile affect

<p>| | |</p>
<table>
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<td>Felt emptiness</td>
<td>Chronic disrupted relationships</td>
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<tr>
<td>Depression</td>
<td>Anxiety</td>
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<tr>
<td>Narcissism</td>
<td>Self hate/anger</td>
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Appendix J: Johnson-Brock Data on Frequency of Types with BPD’s

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<th>Extraverted Types</th>
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<td>INFP: 7</td>
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<tr>
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Totals:

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<tbody>
<tr>
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<tr>
<td>S/N</td>
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<tr>
<td>T/F</td>
<td>6/36</td>
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<tr>
<td>J/P</td>
<td>19/22</td>
</tr>
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</table>

Appendix K: Johnson on Countertransference

Consider a spectrum of liking/disliking:
Like--------------------------/------------------------Dislike
Add features to the spectrum:
Good for me------------/------------Not good for me
Helpful-------------------/------------------------Harmful
Attractive----------------/------------------Unattractive
Safe-----------------------/--------------------------Unsafe

Render a diagnosis carefully:
-- Factor in your feelings, your thoughts, and your intuition
-- Factor out your countertransference and your personal history
References for Attachment

- Carlson, V. et al. Disorganized/disoriented attachment relationships in maltreated infants. Developmental psychology, 25, 525-531

**References for Borderline Personality**


References for Personality Type


