

## Attachment and Memories: Activating Attachment in College Students through Narrative-Based Methods

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**Abstract :** This paper questions whether or not individuals who had been exposed to narratives describing secure and insecure-avoidant attachment styles experienced temporary changes in their attachment style when compared to individuals who had been exposed to neutral narratives. The Attachment Style Questionnaire (or ASQ) developed by Feeney, Noller, and Hanrahan in 1994 was utilized to assess attachment style. Participants filled out a truncated version of the ASQ prior to reading the respective narratives assigned to their groups, and filled out the entirety of the ASQ after reading the narratives. Utilizing a one-way independent groups ANOVA, researchers found that the group which read the insecure-avoidant narrative experienced a statistically significant decrease in secure attachment, as did the group which read the secure narrative. The control group, however, experienced a statistically significant increase in secure attachment. Based on these findings, researchers concluded that narratives may have the ability to call attention to parental shortcomings that individuals have experienced in the forms of reminding individuals of positive experiences that they were not able to experience while spending time with their parental figures and calling attention to the shortcomings of said parental figures by reminding them of the negative experiences which they did have with them.

**Keywords :** attachment, insecure-avoidant, memory, secure

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