
ABSTRACT

Earliest memories and attachment styles

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The earliest memory of the client has been used as a therapeutic material in psychodynamic psychotherapy although the early recallable interpersonal relationship memories have not been considered so much. This study aims to generate a hypothesis about the relation between the interpersonal relationships of earliest memories and attachment styles in order to reveal the relationship between the unconscious level and actual interpersonal relationships. The data from 455 participants in 20's to 60's were analyzed by quantitative text analysis. The results indicated that the four attachment styles have different earliest memories of interpersonal relationships. The secure style was centered on a sense of fulfillment in the social environment. The dismissing style had a negative experience of having significantly less positive emotions and more sense of helplessness due to inability to change parents and the environment. In the preoccupied style, the negative emotions were significantly less, the memory of interpersonal relationships was not expressed, and the uplifting feeling of oneself was experienced. The fearful style had significantly more negative feelings, and clearly described the experience of unreliability of parents and their weakness.

Key Words: earliest memories, attachment styles, unconsciousness, psychoanalysis, Jungian psychology
