



These notes represent a detailed interpretation of the professor's lecture. They are not a transcript of the lecture. TakeNote® is best used as a supplement to your own notes, not as a substitute.

Lecture Date: Thursday, March 16, 2006

Announcements:

- Update on discussion sections posted on SUSAN: The case *Loving Women* is now up on SUSAN and available for signups. There are four sections posted.
- The case *The Simple Beauty of a Conversation* is still not available on SUSAN due to a glitch in the system. We expect to have it up and ready for signups by the end of Spring Break.
- The master list of all section day & times are on BLACKBOARD.
- If you are coming from a class, and may be a few minutes late, just email the section's TA **in advance**, and you'll be allowed in to the section.
- Today's lecture topic is **Intimacy and Sexuality**.

I. **Attachment Theory**

- A. Attachment bonds with another are the most important relationships in our lives at a given time. These bonds provide **security, comfort, and a base of support**.
- B. The following describe the shift in primary attachment figures.
 1. **Children** are primarily attached to their **parents** or **primary caregiver**.
 2. **Adolescents** are primarily attached to a **romantic partner**. This is a *transfer* of primary attachments from parents to peers.
 3. **Professor asks the following question:** How and when does this shift happen?
 - a) You can have several attachment figures, but **one** is preferred above all others, and that is the **primary attachment figure**. The rest may follow a hierarchy of importance.

II. **Theory Background**

A. **John Bowlby**

1. According to Bowlby, attachment is an **evolutionary adaptation** because human infants are born extremely dependent on their primary caregiver. In order to survive, the infant must get care. Thus, the attachment bond does not depend on the relationship **quality**, but its **existence**. When one knows that this is the person who is *most likely* to take care of him/her, there is a sense of **security**.
2. The **infant** is set up to experience crisis during separation. Thus, separation activates the attachment system.
3. **Romantic partners** experience the same or a similar crisis when separated from each other.

B. **Four components of attachment**

1. **Proximity seeking** is the desire to be physically near the person.
2. This is the first component in the transference of attachment from parents to