



Kid's Love Styles from *How WE Love Our Kids* by Milan & Kay Yerkovich

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	AVOIDER CHILD	PLEASER CHILD	VACILLATOR CHILD	CONTROL / VICTIM CHILD
Child's Parent	Little to no comfort, nurturing. Parents value tasks, independence, performance. Expression of feelings is discouraged. Pull yourself together. You're fine.	Fear based nurturing. Parent is overly protective to relieve their own anxiety. Or parent is angry, critical. Child manages parental anger or anxiety by being good.	Sporadic inconsistent attention based on parents needs and moods. Unpredictable. More about parents needs than child's needs as parent is often preoccupied.	Chaotic, confusing. Parent source of stress rather than reliever of stress. May be dangerous: abuse, neglect, violence, drugs, alcohol.
Child's Feelings and Needs	Child restricts feelings learns to be self sufficient. Rarely cries. Does not learn to articulate feelings or needs. Avoids asking for help as they get older. Independent and self-sufficient.	Child becomes focused on parent's needs to reduce parent's anger or anxiety. Good kid to avoid disapproval or rejection. May be fearful when alone. Child gives and appeases to maintain connection and reduce his or her own anxiety.	Highly sensitive, craves attention. Exaggerates feelings and demands attention when parent is busy and preoccupied. Alternates between pursuing and withdrawing. Seems impossible to satisfy. Child feels like a bother deep inside.	Child is often overwhelmed, confused and can't trust needs to be met. Feisty kids react to chaos by taking control and fighting back (anger, rage). Compliant kids adapt by being passive and over time become victims.
Expectations	Learns tasks, performance brings approval. Expects to be noticed for achievements. Learns not to expect comfort or emotional connection.	Looks for opportunities to give and expects little in return. May become parent to the parent.	Longs for attention. Easily disappointed and angered. Wants connection but too angry to receive at times. Feels abandoned and betrayed when overlooked.	Adrenalin, chaos "normal." Calm=anxiety...next storm is coming. Controller: Control or be controlled. Victim: Learns to tolerate the intolerable.
Goals	To gain approval by performance, achievement. May be a perfectionist, overachiever. Shows love by doing tasks.	Safety, Harmony. If others are happy, I can relax. If I keep others close and happy, I won't be abandoned.	To feel special and exclusive, seen and understood. Avoid criticism as it means, "I'm flawed, unlovable."	Survival. Maintain control or stay "under the radar" to manage unpredictable circumstances.
Prominent Feeling Over Time	Anxiety if others are emotional or needy. Otherwise flat, even. Anger if pushed to connect or deal with emotions. Most all feelings are underdeveloped.	Anxious if apart or if others are critical, angry or rejecting. Worry. Anger, is undeveloped.	Anxious if close (they will leave) Anxious if apart (abandoned, not seen). Shows anger. Underneath, confused, disappointed. Sadness, grief underdeveloped.	Controller: Any vulnerable feeling quickly submerged with display of anger. Victim: Fear, depression, hopeless, powerless.
Triggers (Overreact)	Criticism from others. Feelings of inadequacy when confronted with emotions, needs or complaints. Neediness in others is viewed with contempt. Unallowable in themselves so hard to tolerate in others.	Anxiety when others detach, want space, or give silent treatment. Interpret distance as a sign that others are angry or rejecting and efforts at giving or appeasing are not sufficient or successful.	When others depart this triggers feelings of abandonment, (made to wait for time and attention.) Closeness triggers anxiety: may sabotage because accepting means I will get hurt and be made to wait again.	Controller: Criticism, challenge of authority. Victim: Anger in others causes extreme fear; frozen.
Response to Stress	Detaches, withdraws. Avoids eye contact. Keeps busy with activity and tasks.	Pursues, tries harder, gives more in hopes of calming own anxiety.	Highly reactive. Mixed messages: Come here (I need you). Go away (I'm mad).	Controller: rage, intimidate, bully to regain control. Victim: Dissociate, take abuse, try harder, my fault.