

**Table 1.** Relationships among secondary attachment strategies, arousal, and mentalizing.

	<b>Threshold for switch from controlled to automatic mentalizing</b>	<b>Strength of activation of automatic mentalizing</b>	<b>Recovery of controlled mentalizing</b>
<b>Secure attachment</b>	High	Moderate	Fast
<b>Hyperactivating strategies</b>	Low: hyperresponsivity to stress/arousal	Strong	Slow
<b>Deactivating strategies</b>	Relatively high: hyporesponsive, but down-regulation fails under increasing stress	Weak, but moderate to strong under increasing stress, reflecting failure of the deactivation strategy	Relatively fast
<b>Disorganized attachment</b>	Incoherent: hyperresponsive, but with often frantic attempts to down-regulate	Strong	Slow