# Bowlby’s Monotropic Theory – Reading Worksheet

### **Bowlby’s Monotropic Theory**

1. Why did Bowlby reject learning theory as an explanation for attachment?
2. What type of explanation did Bowlby propose instead, and what evidence influenced him?
3. How does attachment provide a survival advantage?

### **Monotropy**

1. What does the term ‘monotropy’ mean in Bowlby’s theory?
2. Why did Bowlby emphasize the role of a primary attachment figure?
3. What are the two principles Bowlby proposed regarding attachment?

### **Social Releasers and the Critical Period**

1. What are social releasers, and what is their function?
2. How is attachment a reciprocal process between mother and baby?
3. What did Bowlby suggest about the critical period for attachment?
4. How did Bowlby define the sensitive period?

### **Internal Working Model**

1. What is the internal working model, and how does it affect future relationships?
2. How does a child’s first relationship influence their expectations of later relationships?
3. How does the internal working model explain the similarity in family attachment patterns?

# Evaluation

### **Mixed evidence for monotropy**

1. What did Schaffer and Emerson (1964) find about multiple attachments?
2. How do studies of attachment to mothers and fathers challenge the uniqueness of the first attachment?

### **Support for Social Releasers**

1. How did Brazelton et al. (1975) demonstrate the importance of social releasers?
2. How does this support Bowlby?

### **Support for Internal Working Model**

1. How does research by Bailey et al. (2007) support the internal working model?

### **Evaluation Extra**

1. Why is monotropy a socially sensitive idea? What did Burman (1994) suggest?
2. Why might temperament (anxiety level, sociability) be as important as attachment in the development of child social behaviour
3. Do you think Bowlby’s theory has done more harm or more good? Explain your reasoning.