

A Cross-Cultural Comparison of Emotional Attachment Patterns between Lin Daiyu and Scarlett O'Hara and Its Implications for Adolescent Mental Health Education

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Abstract:

Using attachment theory, this study analyzes the attachment patterns of Lin Daiyu (anxious-ambivalent) and Scarlett O'Hara (anxious with contextual avoidance). The paper contends that while both had a secure base in childhood, conditional love and excessive rules eroded this foundation, leading to insecurity. Nevertheless, through unconditional support, peers, and their own potential within their cultural settings, they developed strengths like empathy and perseverance. This provides a model for youth mental health: rebuild security through better parenting, use peer support for repair, and activate inner potential through culture and training. The study confirms that positive change is possible and outlines how to achieve it.

Keywords:

Emotional Attachment Patterns, Lin Daiyu, Scarlett O'Hara, Cross-cultural Comparison, Adolescent Mental Health Education

1. Introduction

Emotion forms a foundational aspect of life experience and a crucial medium for an individual's interaction with their environment. The quality of emotional development has a direct impact on mental health and social adaptability. By analyzing the emotional interactions of classic literary characters from different cultures, we can discern the underlying logic of how emotions develop within specific social contexts. These characters thus serve as vivid case studies for interpreting and applying emotional theories in practice.

Systematically formulated by John Bowlby, attachment theory serves as a core framework for understanding socioemotional development. Bowlby argued that the tendency to form deep emotional bonds with specific individuals is an innate and enduring aspect of human nature [1] (Ch.7, P132). Mary Ainsworth subsequently identified two primary types of insecure attachment: anxious-ambivalent and avoidant [2]. Building on this work, Amir Levine and Rachel S. F. Heller characterize

attachment as an evolved, internalized physiological system. They note the lifelong nature of attachment needs and categorize adult attachment into secure, anxious, and avoidant styles. These styles are influenced by childhood environment and life experiences, and are dynamic rather than fixed [3] (P23-27). Josh McDowell further emphasized that a balance of unconditional acceptance and reasonable rules cultivates security and self-worth, in contrast to the insecurity fostered by conditional approval and excessive control [4] (P38, P45).

Lin Daiyu (from *A Dream of Red Mansions*) and Scarlett O'Hara (from *Gone with the Wind*), classic figures from Chinese and Western literature, display attachment behaviors shaped by different cultures but with underlying commonalities. Existing scholarship lacks a systematic, cross-cultural investigation of their attachment patterns using attachment theory. This paper fills this void by combining close reading of the texts with attachment theory and concepts of innate human potential rooted in both Chinese and Western views of human nature—from Mencius's "Four Beginnings" to Western theories such as Adler's striving for superiority and Rogers' self-healing potential, and Maslow's hierarchy of needs [5,6,7]. It compares how their emotional patterns form and evolve, identifying cross-cultural factors that can positively inform interventions for insecure attachment in adolescent mental health.

2. Analysis of Lin Daiyu's Emotional Attachment

Lin Daiyu's attachment pattern follows a core developmental trajectory from a secure foundation to the emergence of insecurity, culminating in a consolidated anxious-ambivalent style. The convergence of childhood familial trauma, her dependent status as a guest relative, and an environment characterized by conditional approval and rigid constraints collectively precipitated the collapse of her secure base and the solidification of her insecure attachment. This process also nurtures positive forces, harboring the possibility and potential for Daiyu's positive qualities.

2.1. Childhood Attachment: From Secure Base to Erosion Under Cumulative Trauma

Lin Daiyu possessed a foundation for secure attachment prior to her childhood traumas. This was particularly reinforced after her younger brother's early death, when her parents, having no son, "cherished her like a treasure" [8] (Ch.2, P24). This stable, loving care established her initial capacity for trust in intimate relationships and became the psychological bedrock of her lifelong yearning for connection. Such nurturing is fundamental for developing deep attachment and empathy, and in Daiyu's case, it foreshadowed the capacity for kindness and compassion she would later display.

Lin Daiyu's family environment, however, contained elements that undermined secure attachment. Her parents, grieving their deceased son, projected their expectations onto her, deciding to "have her study... pretending to raise her as a son" [8] (Ch.2, P24). Hiring a tutor at age five constituted a form of "substitutive upbringing," fostering a sense of conditional worth. Furthermore, Confucian ethics enforced strict rules, evident in her early observance of naming taboos [8] (Ch.2, P33) and her performance of filial duties during her mother's illness and death [8] (Ch.2, P24). Paradoxically, this same Confucian background also nurtured her positive qualities. Her patient tutoring of Xiangling [8] (Ch.48, P669) and her deep emotional bonds with her parents, demonstrated through her care and filial obedience [8] (Ch.3,

P37), show that she internalized these values not merely as rules but as genuine emotional responses, fueled by the underlying love in her family.

The negative impacts were further amplified by childhood trauma. Her brother's death and her parents' grief [8] (Ch.2, P24) made her acutely aware of life's sorrows at a young age. Losing her mother made separation anxiety a reality, and her "sickly" health [8] (Ch.2, P24) increased her environmental sensitivity, creating a negative feedback loop between body and mind. Her position as a marginalized dependent in the strict social order of the Jia Mansion forced her to be "cautious in every step" [8] (Ch.3, P38) to gain approval. This environment, defined by ritual constraints—what Fei Xiaotong terms "voluntary obedience through education" [9] (P53)—and conditional acceptance, reinforced her avoidant tendencies. The final collapse of her secure base came with her father's death, which solidified her pessimistic outlook. The combination of repeated trauma, this pessimism, and the conditional, rule-bound environment made her intensely fearful of "separation and abandonment." Though she longed for closeness, she feared its loss, resulting in a complex anxious-ambivalent attachment with "residual secure memories, a fear-avoidance core, and nested anxiety." However, she found positive support through writing and, crucially, through her spiritual connection with Jia Baoyu, whose caring acceptance buffered her insecurity and aided her personal growth.

2.2. Emotional Attachment in Anxious-Ambivalent Attachment: Conflict and Positive Traits

Lin Daiyu exhibits a classic anxious-ambivalent attachment style. At its heart is a conflict between wanting to be close and fearing the pain of rejection. This inner conflict gets expressed in her behavior, which swings between seeking closeness and pushing people away. When she avoids others, it's a defense mechanism, not a lack of care. It's her way of managing the deep-seated struggle between her need for love and her fear of being hurt. This creates a repeating cycle in her life: she recalls past security, feels intense fear of loss, becomes highly sensitive to anxiety, puts up defensive walls, secretly yearns for connection, and finds ways to grow internally. Despite the clear conflict in her relationships, this very struggle also hides her strengths, all stemming from the battle between her desire to connect and her instinct to protect herself.

Lin Daiyu's avoidant behavior was a core defense mechanism, yet it could not conceal her deep need for stable connection, a key feature of her anxious-ambivalent attachment. This was evident in several ways: her stated preference for "dispersion over gathering" to avoid the hurt of parting [8] (Ch.31, P430); her sincere yet distant response to Baoyu's care; and her secret visit to him after his beating, where she hid her heartache behind swollen eyes and choked words, later pouring her feelings into poetry [8] (Ch.34, P464, 469). Despite this, she steadfastly supported him as a silent confidante. These contradictions—"both rejecting and accepting," wavering between self-protection and the pull of warmth—perfectly align with the "desire for connection/fear of hurt" dynamic at the heart of her attachment style. This avoidance was a trauma response. Baoyu's steady presence provided the security she needed to occasionally be vulnerable and maintain her sense of self, creating a delicate balance between her longing for connection and her need to protect herself.

Lin Daiyu's anxiety was a direct result of her separation trauma, worsening as she lost her sense of security and becoming a key part of her anxious-ambivalent

attachment. She was intensely sensitive to feeling “replaced, neglected, or belittled.” This was evident in her constant distress over the “gold and jade marriage” rumor and Baoyu’s every reaction; her sadness and jealousy when he was close to Baochai or Xiangyun [8] (Ch.8, P128); her act of destroying her work over a misunderstanding [8] (Ch.18, P251); her assumption that she was given the palace flowers left after others’ selection [8] (Ch.7, P113); her tears when a joke about her likeness to an actress was met with a signal from Baoyu [8] (Ch.22, P305); and her heartbroken all-night vigil after being locked out of Baoyu’s courtyard [8] (Ch.26, P364). Each incident was a direct display of separation anxiety and the deep fear of abandonment central to her attachment style. This anxiety then fueled her avoidant behavior, creating a vicious cycle where each reinforced the other.

Even within the constraints of her insecure attachment, Lin Daiyu developed positive qualities like kindness, empathy, and spiritual resolve. These emerged from her early positive experiences, her cultural background, supportive relationships, and her own inner strength. These qualities were manifested in her filial piety, her grateful response to Baochai’s advice [8] (Ch.45, P625), her kind treatment of servants like Zijuan and others [8] (Ch.47, P807; Ch.45, P629). She patiently taught Xiangling poetry while ill [8] (Ch.48, P669). She persuaded Miaoyu to give her cup to Granny Liu: “She can sell it to make a living” [8] (Ch.41, P556), showing deep kindness and compassion for the underprivileged. Her empathy extended to nature, seen in her sorrow over falling flowers and her “Ode to the Burial of Flowers” [8] (Ch.27, P382). With Baoyu, she used poetry to build a spiritual bond, rejecting shallow societal values. Essentially, this was a persistent pursuit of “freely expressing her true self, gaining unconditional recognition, and receiving stable emotional support,” allowing her to radiate unique human brilliance even in the predicament of insecure attachment.

3. Analysis of Scarlett O'Hara's Emotional Attachment

Scarlett O'Hara's attachment pattern follows the core evolutionary path of “secure foundation—emergence of insecurity—context-dependent defense—growth and awakening.” She had a secure foundation with an anxious core in childhood, manifested as “anxious + context-dependent avoidant” attachment in adulthood, and gradually moved towards the mature form of earned secure attachment with continuous awakening.

3.1. Childhood Attachment Foundation: Secure Foundation with Anxious Core

Scarlett O'Hara's childhood attachment, before she turned 16, was a “secure base with an anxious core.” This originated from her mother’s conditional love and strict rules, and her father’s unpredictable emotional responses. The “traditional creeds of a lady” [10] (Ch.2, P26; Ch.3, P65) enforced by her parents and Mammy permeated her upbringing, suppressing her true self. This environment, where acceptance depended on meeting standards, forms a cross-cultural parallel to the constraints faced by Lin Daiyu.

Her mother was Scarlett's secure attachment pillar and a “gentle instructor” [10] (Ch.1, P3). Her elegant character and management abilities shaped Scarlett’s approach to life, and she became a source of strength and a reliable guarantee in Scarlett’s heart [10] (Ch.3, P49, 68). When frustrated, Scarlett always wanted to rush into her mother’s arms for comfort [10] (Ch.3, P48; Ch.4, P69; Ch.19, P400)—a clear manifestation of early secure attachment impressions. However, influenced by self-

sacrifice, forbearance, and her own emotional trauma [10] (Ch.3, P48, 61), her mother was unhappy [10] (Ch.2, P35). Additionally, overwhelmed by daily chores, she struggled to provide focused companionship and complete spiritual support, and raised Scarlett with strict rules, forcing her to restrain her true emotions and preventing her from fully opening up [10] (Ch.4, P69). Even Scarlett felt ashamed and “utterly terrified” [10] (Ch.10, P242) when she “broke her mother’s heart” [10] (Ch.10, P241) by violating the rules. This experience of “losing love for making mistakes” directly shook the stability of her secure attachment.

Although her father provided paternal nourishment through a “friend-like” bond [10] (Ch.2, P35), his blunt personality made him overlook her delicate emotional needs, failing to provide effective emotional support. He only hoped Scarlett would “not be too weak and pretend to be arrogant” [10] (Ch.3, P44), and his “temper was like fire, always ready to raise his fist” [10] (Ch.3, P50); sometimes Scarlett even feared he would slap her [10] (Ch.3, P40). The superimposition of “care + conditional approval” from parents and Mammy made Scarlett subconsciously form the cognition that “her true self was not good enough, and only pretense made her worthy of love,” gradually creating gaps in her secure attachment and sowing the seeds of anxious attachment and context-dependent avoidant defense. This confirms Bowlby’s view that the attachment patterns individuals develop in infancy and adolescence are profoundly influenced by how their parents treat them [1] (Ch.7, P135), laying the groundwork for her subsequent emotional relationship deviations and defensive avoidance.

Nevertheless, the influence and education of her mother’s “frugality, kindness, compassion, and loyalty” [10] (Ch.3, P63), the mammie’s warning that “all curses return to the one who utters them” [10] (Ch.21, P434), her father’s “vitality” [10] (Ch.1, P36), the family concept of sharing joys and sorrows [10] (Ch.3, P54), the courage of her ancestors [10] (Ch.24, P517), and her inherent compassion of “never being able to bear the sound of pigs being slaughtered” [10] (Ch.26, P541) subtly nurtured Scarlett’s sense of family responsibility, integrity, perseverance, self-confidence, and strength. These qualities aroused her will to survive and resilience in defending her homeland amid trauma, while her good physical health from childhood [10] (Ch.3, P65; Ch.7, P160; Ch.60, P1212) provided important physical support, enabling her to cope with crises through the synergy of body and mind in adversity.

3.2. Manifestation of Emotional Attachment: Context-Dependent Defense and Growth under Anxious Core

After the age of 16, Scarlett’s attachment pattern fully unfolded amid love entanglements, era upheavals, and family responsibilities, following a dynamic evolutionary trajectory of “idealized obsession (projecting anxiety)—frustration defense (contextual avoidance)—trauma awakening (self-reconstruction).” Her defensive avoidance is not an inherent personality trait but a context-dependent protection mechanism, eventually forming an “anxious + context-dependent avoidant” attachment type. Driven by multiple forces, she gradually transitioned towards the mature form of earned secure attachment.

The core traits of anxious attachment—“fear of abandonment, high emotional dependence on external validation, and the need to confirm self-worth through others”—are particularly prominent in Scarlett. From longing for her mother’s unconditional acceptance in childhood, enjoying the admiration and praise of men in

adolescence, to obsessively pursuing Ashley and fearing Rhett's departure in adulthood, the essence of her emotional needs has always been "confirming self-worth through being loved."

Her obsession with Ashley essentially stemmed from a desire to compensate for the psychological trauma of "not being recognized for her true self" by "gaining acceptance from an idealized object," continuing the learned pattern of "being recognized only if meeting standards" from childhood. Her infatuation with Ashley stands in stark contrast to her emotional avoidance of Rhett: Ashley's gentle distance allowed her to avoid exposing her true self (low emotional risk), while Rhett's passionate directness forced her to confront her inner desires and vulnerabilities (high emotional risk). Thus, her deliberate avoidance of Rhett's care was essentially an anxiety-driven behavior of "fearing rejection after exposing her true self." As Scarlett later realized, "Rhett refused to admit his love because he was afraid of being rejected... and she was the same" [10] (Ch.63, P1250). This avoidance of "daring not to actively express love" is not resistance to intimacy but a typical defense mechanism of anxious attachment—"fear of rejection," which is fundamentally different from Lin Daiyu's stable avoidant defense formed by "actively pushing others away for fear of loss" (a core feature of anxious-ambivalent attachment).

Scarlett did not completely resist intimate relationships but only avoided specific scenarios where "exposure might lead to rejection," showing clear contextual specificity. In non-risky situations, she never avoided intimate connections: attaching to her mother in childhood, relying on Melanie in adulthood, actively seeking help from neighbors and friends, and constantly pursuing secure bonds; when Rhett provided clear and stable support, she would instinctively approach and accept it. Even when Rhett left in despair, her first reaction was "I'll think of a way to get him back tomorrow" [10] (Ch.63, P1263)—a commonality with Lin Daiyu's core anxiety of "fear of loss" in anxious-ambivalent attachment, yet fundamentally different from Lin Daiyu's active avoidant behavior of "preferring dispersion over gathering" [8] (Ch.31, P430).

Scarlett's personal growth was driven by the combined effect of her changing attachment patterns, the upheaval of her era, her own inner strength, and the support of her peers. The Civil War forced her to grow up quickly, shedding her spoiled ways to take charge and fight for survival. Interpersonal support in the turbulent environment became an important force for her to resist trauma: the mammie's care, mutual assistance from neighbors [10] (Ch.27, P553, 558), companionship from old friends [10] (Ch.60, P1216), and especially Melanie's assistance and profound friendship through hardships [10] (Ch.20, P426; Ch.27, P578; Ch.55, P1158) became her "fortress of strength" [10] (Ch.62, P1226) and spiritual reliance [10] (Ch.60, P1221; Ch.62, P1234, 1237). Rhett, as a central figure in her life, uniquely contributed to this growth. He validated her choices, backed her career, appreciated her true self, and pushed her to break society's rules. His unconditional backing became her "rock of love" and "safe haven" [10] (Ch.62, P1237), helping her see that her real self was lovable. This brought her deep "comfort" [10] (Ch.47, P1020) and "hope" [10] (Ch.62, P1237), making her stronger and happier [10] (Ch.62, P1239).

When Rhett finally left, she firmly declared that she would ultimately find a way to win back his heart and was full of confidence in the future: "After all, tomorrow is another day." [10] (Ch.63, P1263) This statement demonstrates not only her resilience but a crucial evolution in her attachment style. She transitions from anxious

attachment, dependent on “external objects” for validation, to an earned secure attachment where she becomes her own “secure base.” She stops linking her self-worth to others and believes in her own ability to fix relationships and direct her life. This shift signals that her inherent potential has fully emerged through hardship, enabling a deep sense of independence and a key leap from insecure to mature attachment.

4. Cross-Cultural Commonality Analysis of Emotional Attachment Patterns between Lin Daiyu and Scarlett O'Hara

A comparative analysis of Lin Daiyu and Scarlett O'Hara's emotional attachment patterns across their cultural and developmental trajectories shows that their core characteristics are highly convergent, despite surface-level differences in: attachment type (anxious-ambivalent vs. anxious/context-dependent avoidant moving to earned secure); expression style (reserved vs. direct); exploration path (spiritual vs. behavioral breakthrough); perception of peer support (acute/spiritual vs. delayed/diverse); and physical constitution (frail vs. robust). The specific commonalities are analyzed below:

4.1. Unified Trajectory of “Foundation-Erosion” in Secure Attachment

Both characters received critical positive parental care in childhood, laying an initial secure attachment foundation, which was gradually eroded by conditional love and excessive rule-bound constraints. This is consistent with the causes of insecure attachment in contemporary adolescents, providing a targeted direction for educational intervention.

4.2. Common Impact of Parenting Deficiencies and Insufficient Freedom

Due to inadequate parenting skills, conditional attention, and repressive rules, both Lin Daiyu and Scarlett O'Hara lacked unconditional acceptance and freedom while growing up. This deprivation caused a deep-seated insecurity that prompted their attachment styles to shift from secure to insecure. Identifying these shared risk factors offers a clear basis for improving parenting—specifically, for balancing rules and freedom—which aligns directly with the “secure foundation + diverse support” approach.

4.3. Commonality of Emotional Suppression under Cultural Rules

Both characters lived in traditional cultural contexts constrained by norms. Despite differences in specific manifestations, they both took “abiding by the norms of a lady” as the core rule and “being recognized only if specific expectations are met” as the core logic. The expression of their true selves was restrained, leading to emotional suppression—homologous to the psychological pressure experienced by contemporary adolescents due to social expectations and excessive constraints. This highlights the cross-cultural reference value of appropriate rules and acceptance in education, providing theoretical support for the construction of free exploration space.

4.4. Symbiotic Law of Positive Traits in Insecure Attachment

Even while experiencing long-term insecure attachment, both Lin Daiyu and Scarlett O'Hara developed strong positive traits. Nurtured by remnants of early security, their cultural upbringing, inner strengths, and support from peers, Lin Daiyu

cultivated kindness and perseverance, while Scarlett built resilience and self-confidence. This demonstrates that insecure attachment is not a developmental dead end, and that growth arises from the synergy of multiple supports. John Bowlby's concept that individuals have "a range of potential developmental paths open to him" [1] (P146) supports this view. These cases help us identify crucial factors like empathy and peer support, providing a practical model for promoting positive adolescent mental health.

4.5. The Important Buffering and Transformative Role of Peer Support

The companionship and acceptance of positive peers are important external drivers for the positive transformation of insecure attachment in both characters—peer recognition, companionship, spiritual resonance, and warm assistance provided them with growth impetus, strengthening their resilience and self-identity. This confirms that peer support is an important factor for insecure attachment repair across cultures, providing a basis for the subsequent construction of peer mutual assistance systems.

These shared patterns reveal how insecure attachment develops and can be changed across cultures. This understanding allows us to identify positive factors and create relevant educational strategies, completing a logical cycle from theory to practice. The result is a practical, structured approach to adolescent mental health education.

4.6. Commonality of Interactive Influence between Physical Health and Attachment State

Physical health, as the basis of mind-body development, indirectly shaped how the two characters' attachment patterns were expressed and changed. Lin Daiyu's poor health made her more sensitive and anxious, and her physical weakness reinforced her negative, pessimistic outlook, which together solidified her anxious-ambivalent attachment. Conversely, Scarlett's physical strength allowed her to take action to reduce anxiety and supported her self-image as someone independent and in control, promoting a shift toward self-directed growth and earned secure attachment. This difference shows that physical health doesn't decide attachment type but does affect whether it becomes entrenched or changes, by impacting how one handles emotions, builds beliefs, and copes with trauma. This offers cross-cultural evidence for the "mind-body synergy" approach in youth mental health education, where "mind" includes both feelings and thoughts.

5. Positive Reference Factors for the Positive Transformation of Insecure Attachment from a Cross-Cultural Perspective and Adaptive Paths for Adolescent Mental Health Education

Based on the aforementioned cross-cultural commonalities and the core logic of the positive transformation of insecure attachment in both characters, this paper extracts targeted positive reference factors and constructs adaptive paths for adolescent mental health education, promoting the solid implementation of educational practice.

5.1. Positive Reference Factors

Empathy, Perseverance, and Diverse Support Factor: The positive traits of both characters, fostered by residual secure attachment, cultural influences, peer support, and internal growth, point to core adolescent needs: for emotional bonds, self-expression, and peer acceptance. Meeting these needs demands coordinated support

from family, school, and the community. This insight directly validates the “secure foundation + diverse support” principle in education.

Resilience, Responsibility, and Peer Mutual Assistance Factor: This factor, derived from Scarlett’s resilient breakthrough with peer support and the shared pattern of collaborative growth in both characters, offers a practical model for adolescent development. The model—based on self-worth verification, moderate free practice, and positive peer interaction—guides the design of the “growth empowerment + peer practice” path.

Attachment Repair Synergy Factor: Extracted from the common transformation rules of insecure attachment in both characters, this factor integrates a core synergy model consisting of parents’ unconditional positive regard, environmental balance between rules and freedom, warm peer support in interactions, internal potential-driven individual growth, and the foundation of physical-mental coordinated development. It provides a systematic practical framework for adolescent insecure attachment intervention, running through the design of all educational optimization paths.

5.2. Principles of Optimization Paths

“Empathy-Based Foundation + Multi-Dimensional Synergy” Principle: Corresponding to the “empathy, perseverance, and diverse support” factor, this principle focuses on repairing secure attachment. It builds a full security system of unconditional positive regard, balanced rules and freedom, and peer support across different settings. The approach integrates humanistic care and cultural learning, using activities like recalling secure memories, reading classics, and practicing traditions to build inner security. It also creates peer support platforms through family, school, and community partnerships, forming strong, multi-layered support.

“Attachment Repair + Ecological Co-Education” Principle: This principle, aligned with the “attachment repair synergy factor,” integrates forces from the individual, peers, family, professionals, and community to create a supportive environment. This environment provides unconditional acceptance, balanced rules, freedom to explore, peer support, and activities for physical and mental well-being. Using reflection handbooks, parent training, peer pairing, and diverse activities (mixing culture, sports, and psychology), it offers complete, systematic support for overcoming insecure attachment. This helps adolescents develop in a balanced way and move from insecure to mature attachment.

6. Conclusions

Using attachment theory and insights from both Chinese and Western views of human nature, this cross-cultural study reveals the attachment patterns of Lin Daiyu and Scarlett O’Hara. It identifies universal patterns and provides a practical model for youth mental health. The research demonstrates that secure attachment is undermined by conditional love and excessive rules, but can be positively transformed through a combination of unconditional positive regard, a balance between rules and freedom, peer support, inherent individual potential, and physical-mental coordinated development.

This leads to three key implications for mental health education: (1). Secure attachment is the foundation and must be rebuilt through optimized parenting; (2).

Peer support is important for attachment repair and allows for the construction of diverse mutual assistance systems; (3). Inherent potential constitutes a key internal driver for growth and can be activated through ecologically collaborative education. By identifying these shared positive factors and following the process from theory to practice, this study offers a clear, practical framework for helping adolescents across cultures.

Insecure attachment is not a final barrier to growth, as the positive qualities that can coexist with it show how adaptable adolescents are. The keys to positive development are unconditional care from parents, a balance between rules and freedom, and strong peer support. Future studies should include more examples, explore the specific mechanisms of insecure attachment transformation (including the development of earned secure attachment), and create personalized intervention plans. This will offer better guidance for supporting teenagers' mental health across cultures and promoting their overall well-being.

Conflicts of Interest

The author declares that there is no conflict of interest regarding the publication of this article.

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