

Abstract

Researchers (Kirkpatrick & Shaver, 1990) found that important aspects in attachment relationships e.g. proximity seeking and proximity- maintaining behaviors were present in the relationship with God. In this relationship, God is seen as the ideal attachment figure (Kaufman, 1981). People who were insecure in the past would be able to find a sense of security in God. In this way, relationship with God would have a therapeutic value which helps changing one's insecure internal working model to a secure one. The present study investigates such therapeutic value of Christianity. It was found that while most of the non-Christians had insecure adult attachment, a lot of Christians were able to build up secure adult attachment style. Genuine commitment to Christianity was found to relate to secure adult attachment positively.