

Attachment Theory and the Tau-Bond

How Tau-Resonance Between Addresses Creates Secure Base and Safe Haven

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Abstract

Bowlby's attachment theory holds that secure early relationships create the psychological foundation for healthy adult functioning. The Force of Time (FOT) provides a physical grounding: attachment is Tau-bond resonance between Tau-addresses, particularly the developing address of an infant and the caregiving address of a parent. Secure attachment is coherent Tau-bond resonance; insecure attachment is disrupted or inconsistent Tau-bond resonance that distorts the developing Tau-mirror.

P-ATT-1 · Attachment as Tau-Bond Resonance

Bowlby observed that infants who form secure bonds with caregivers develop better emotional regulation, social competence, and resilience. FOT grounds this in Tau-physics.

P-ATT-1

Attachment is Tau-bond resonance between a developing Tau-address (infant) and an established Tau-address (caregiver). The infant's Tau-mirror is still forming; it calibrates its self-referential modelling against the caregiver's Tau-field. Secure attachment is consistent, attuned Tau-bond resonance that provides a stable reference field for the developing mirror.

This is why consistent caregiving matters more than perfect caregiving: the infant's Tau-mirror needs a stable, predictable Tau-field to calibrate against. Inconsistency — not occasional disruption — is what produces insecure attachment patterns, because it prevents the developing mirror from locking onto a stable reference.

P-ATT-2 · The Four Attachment Styles as Tau-Bond Patterns

Ainsworth's Strange Situation identified four attachment patterns: secure, anxious-ambivalent, avoidant, and disorganised. FOT maps each to a specific Tau-bond resonance pattern.

P-ATT-2a · Secure

Consistent, attuned Tau-bond resonance. The caregiver's Tau-field reliably responds to the infant's Tau-signals. The developing mirror learns that the Tau-field is safe and responsive — a foundation for all future Tau-bonding.

P-ATT-2b · Anxious-Ambivalent

Inconsistent Tau-bond resonance. The caregiver's response is unpredictable — sometimes attuned, sometimes not. The infant increases Tau-signal amplitude (protest, hyperactivation) to ensure Tau-bond response.

P-ATT-2c · Avoidant

Suppressed Tau-bond resonance. The caregiver consistently withdraws from emotional Tau-signals. The infant learns to suppress its own Tau-signals to maintain proximity to the caregiver — at the cost of authentic Tau-expression.

**P-ATT-2d ·
Disorganised**

Fragmented Tau-bond resonance. The caregiver is both a source of Tau-safety and Tau-threat (abuse, severe inconsistency). The developing mirror cannot form a coherent strategy — it fragments. Strongly predicts later psychological disorder.

P-ATT-3 · Internal Working Models as Tau-Maps

Bowlby proposed that early attachment creates "internal working models" — cognitive representations of self and other that guide later relationships. FOT identifies these as Tau-maps.

P-ATT-3

An internal working model is a Tau-map: a self-referential Tau-model encoding the expected Tau-bond resonance patterns of the primary attachment figure. The Tau-map is not a memory but a structural feature of the Tau-mirror — it shapes how the Tau-address interprets all subsequent Tau-bond signals.

This explains attachment persistence into adult relationships: partners are not seen freshly but through the Tau-map established in infancy. Anxious individuals expect inconsistent Tau-resonance; avoidant individuals expect Tau-withdrawal. Therapy rewrites the Tau-map by providing new Tau-bond resonance experiences.

P-ATT-4 · Adult Attachment and Tau-Bond Maintenance

Bowlby's attachment system does not switch off in adulthood. Adult romantic relationships, close friendships, and even therapeutic relationships are Tau-bond resonance phenomena.

P-ATT-4

Adult Tau-bonds are maintained through: consistent Tau-signal attunement (empathy), Tau-proximity maintenance (shared time and space), Tau-bond repair after disruption (rupture and repair), and Tau-safe-haven provision (comfort under threat). Relationship distress is Tau-bond resonance disruption.

Gottman's research on couples identifies "bids for connection" — small Tau-signals requesting Tau-bond resonance — and the partner's "turning towards, away, or against" the bid. Turning towards is Tau-bond attunement; turning against is Tau-bond disruption. Accumulated Tau-bond failures predict relationship dissolution.

P-ATT-5 · Parenting as Tau-Field Transmission

Parents do not merely influence children's behaviour; they transmit Tau-field patterns that shape the child's developing Tau-mirror.

P-ATT-5

Parenting is Tau-field transmission: the parent's Tau-mirror — including their attachment style, emotional regulation capacity, and self-referential coherence — becomes the primary reference field for the child's developing Tau-mirror. Unresolved parental trauma generates Tau-field disruptions that the child's mirror absorbs and attempts to model.

Intergenerational transmission of attachment — the empirical finding that parents' attachment style predicts children's attachment with 75% accuracy (Main et al.) — is Tau-field transmission: the parent's Tau-mirror coherence (or its disruption) is transmitted to the child's developing mirror through the ongoing Tau-bond resonance.

P-ATT-6 · Therapeutic Attachment and Tau-Mirror Repair

The therapeutic relationship is itself a Tau-bond — one uniquely structured to provide consistent, bounded Tau-resonance that can repair disrupted Tau-mirrors.

P-ATT-6

Therapy works as Tau-mirror repair: the therapist's consistent, attuned Tau-bond resonance provides a new reference field against which the client's Tau-mirror can recalibrate. Rupture and repair within the therapeutic Tau-bond is uniquely healing because it demonstrates that Tau-bonds can survive disruption — contradicting the disorganised Tau-map.

This is why the therapeutic relationship is the strongest predictor of outcome across all therapeutic modalities: more than technique, theory, or diagnosis. The modality provides the map; the Tau-bond resonance of the relationship provides the healing field.

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