

# 從對神的依附關係 看信徒的靈命建造

Building the Spiritual Life of Christians  
from the Lens of God Attachment

焦如品

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## 摘要

依附理論不但在近幾十年影響心理學界如何看個人關係模式的發展，也在教會和基督徒諮商界當中得到相當多的關注。許多研究者和輔導員將依附理論應用在人與神的關係上，發現人與父母的依附模式和人與神的依附運作密不可分。本文將從聖經觀點來檢視這個以世俗心理學為出發點的理論，評估其對基督徒的可用性，以及個人依附模式對基督徒與神的關係可能帶來的影響。研究最後會從幾個面向來討論如何幫助有不安全依附模式的信徒，並嘗試給出實際的牧養建議，期待能對面對依附關係困境的基督徒和陪伴他們的牧者與助人者帶來助益。

**關鍵字：**依附理論、對上帝的依附、不安全依附模式、教牧輔導

## Abstract

In recent decades, attachment theory has not only had a great impact on the field of psychology, changing how psychologists view the way individuals form close relationships, but has also gained much attention from Christian counselors and pastors. Although the theory is heavily informed by the perspective of evolutionary psychology, many researchers have applied the theory to one's attachment to God and have found that one's parental attachment style is closely related to one's God attachment. The purpose of this study is to examine the usefulness and applicability of attachment theory to Christian churches. The paper will also discuss ways to help believers with insecure attachment and offer various suggestions for shepherding them.

**Keywords:** Attachment Theory, God Attachment, Insecure Attachment, Pastoral Counseling