

WHEN ATTACHMENT IS THREATENED

WHAT I DO TO COPE

When we are disconnected, the coping behaviors I do are to:

Defend myself, attack, protest, look away, shut down, placate



MEANING MAKING

When we are disconnected, the coping thoughts I have:

About me/About you



VISIBLE EMOTIONS

When we are disconnected, the coping feelings I show are:

Rejection, resentment, contempt, jealousy, anger, rage, blame, frustration, indifference, overwhelm



HIDDEN EMOTIONS

When we are disconnected, deep inside I feel:

Sad about disconnection, lonely, shame (feeling unworthy of love), inadequate, desperate, abandoned, afraid, grief, disappointed, hurt, hopeless.

These vulnerable emotions are seen as the real catalyst that drives the negative cycle.



ATTACHMENT NEEDS

When we are disconnected, I most long for you to:

Know me and accept me the way I am, See me, Understand me, Care for me
Claim me, Treat me with care, Value me as a person, Comfort me, Be present with me, See me as capable, Treat me as worthy of you/your love, Let me in,
Reach for me, Need me too

