

INTERNAL WORKING MODEL

- I am accepted as I am
- Ruptures can be repaired
- I can make mistakes and still be forgiven
- I can share my emotions
- I do feel shame, but it's not toxic



**Love is available
Love is given
I am worthy to
receive that love**



INTERNAL WORKING MODEL

- Needs were met practically - functional
- “Get a grip”
- “Don’t be needy”
- Attachment behaviour DEACTIVATED



Elizabeth Bernstein



INTERNAL WORKING MODEL

- Love is Unpredictable
- Needs met inconsistently
- Attachment behaviour is HYPERACTIVATED
- Preoccupied/Fearful



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DISORGANISED ATTACHMENT

