



We laugh together.

We share and express our love for each other freely.

We bring light and lightness into each other's world.

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and express my

With thanks to Brené Brown

Standing my Ground

Not

Not

I am taught to understand and value my emotions.

They are normal.

I receive empathy, and learn to be empathic.

I love because I know I am loved.

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... not being too big, forceful, oppressive ... not being too small, backing down too

quickly ... being true to my values

... being assertive while respecting the values of others

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protective. I'm here for you.

Protective

Peaceful

Patient

Resting in Love

Love is a safe

place of shelter

Knowing I am consistently and unconditionally loved provides me with a Secure Base from which to encounter life's joys and sorrows as I grow up

OPACTIM

Feeling protected

gives me a positive

view of life.

My peaceful carer

builds resilience in

me, enabling me not to

panic or be

When patience is

modelled it helps me

learn to wait and

tolerate uncertainty.

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I don't have to work

to be accepted.

I don't have to

'perform', to 'get it

right', in order to gain

I know that I am

loved, just as I am.

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When a shame storm

threatens, knowing I

am unconditionally

loved helps me

withstand it.

Shame is a bad

teacher.

I learn and grow

from being loved.

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Knowing that my cries will be heard, my I will be comforted, enables me to feel

needs will be met, and Calm safe and secure. "I can make things happen!" @ PACTLIE



I am seen.

Lam gently and tovingly held, and peaceably comforted.

My emotions are named, understood and validated.

This brings relief. This restores my soul.

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wouldn't

they want

make life rich

My life is built on love and on trust.

It's a rock I can stand on.

I know who I am.

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I have learnt to trust.

I can turn to people

... for support

... for encouragement

... for fun

... for intimacy

... for comfort

... for love

I am wired for

connection

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Strong Soft Sensitive

My carer is strong enough to bear my emotions and meet my needs without breaking.

I hear their soft words and feel their gentle

They are sensitive to what matters to me;

they help me thrive.

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I carry a sense of belonging, deep inside me.

I belong to others. I belong to myself.

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Trust means that it is worth reaching out for

when I feel low, or something upsetting has happened, is to contact someone I am close to who I trust to be there for

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help. My natural response

me.

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Hearn that my needs and emotions are normal and appropriate.

I receive praise, support and encouragement.

I develop confidence to try... to risk... to dare... to be me.

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I can securely attach to others in loving, trusting relationships.

I can lean on others. I can be leant on by others.

My affections are not enmeshed with others – I am my true, separate self

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I hear true apology. I learn how to offer it.

I am really sorry. How can I make it right? I'll try my best not to do it again. Can you forgive me?"

5 Languages of Apology

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Secure Attachment in Adulthood With a firm Secure CORE BELIEF Base I can trust myself and build committed, healthy relationships with



I am able to respect my own boundaries and those of others.

others.

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Secure Attachment in Teen / Young Adulthood CORE BELIEF

I reach out to people

when I need help and

support.



I know who I am; I give and receive love freely; I know my I am AUTONOMOUS.

With a firm Secure Base I can trust myself and build committed, healthy relationship with others.

I am able to respect my own boundaries and those of others.

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Ruptures get

repaired

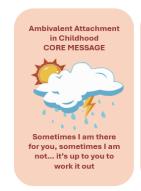
"I was wrong.

With thanks to Gary Chapman's

and receive love freely; I know my boundaries

I am AUTONOMOUS.

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My carer's attitude and behaviour is unpredictable. It leaves me with a constant feeling of anxiety.

> Am I ok or not? Am I safe or not? Am I wanted and welcome or not?

How do I tell?

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I need you to come when I cry...

Sometimes you come and are loving and kind, and I feel safe.

...but sometimes you don't come. I feel ashamed for bothering you and being needy.

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I need you to come... but you might shame or punish me if you

...or I might have made you cry, and that would make me bad for upsetting

I'm trapped.

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Sometimes I feel loved, and sometimes I feel their anger and rejection.

What mood will they be in?

How can I be what they want?

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I know they can meet my needs, but I don't know when, or how long it will last.

> That makes me anxious angry unhappy fearful.

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I am hypervigilant

My mind is scanning My body is scanning Watching... listening Stomach in a knot

> Am lok? Are they ok?

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When they make a mistake, or go away on holiday, or cancel our arrangements, it makes me feel so angry with

I'm low on their priority list, my needs don't matter, they don't really care about me.

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When they make a mistake, or go away on holiday, or cancel our arrangements, it makes me feel really insecure.

I am terrified they won't come back, they'll die, I'll never see them again...

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I am constantly fretting over what people are thinking about me.

I write stories in my head; I imagine the worst.

...I'm too much for you ...I'm not enough for you ...You've had enough of me

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Anticipatory Anxiety / Grief I imagine all the bad things that could happen.

I need to be prepared, to try and stop them happening.

I need to work out if it's my fault, to fix it.

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Don't leave me Don't leave me

Don't leave me

Consuming Anxiety

abandoned creates difficulties in my relationships. I need constant reassurance that I'm safe.

My fear of being

I'm ashamed I'm so clingy... so needy...

... but I find it so hard

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They love me They love me not

Insecurity in

Relationships

My brain is wired for insecurity and selfdoubt.

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I know I need constant reassurance, which is wearing. I know I put my relationships under strain.

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Resistance in

relationships

I can be very jealous and I'm constantly seeking proof that I'm loved.

I don't trust people easily, and when things go wrong I just want to disappear. It'll only happen again, and it will all be my fault.

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Dependent

Attachment

I have such a deep fear of being alone. I feel I can't live

without them. I think that's a pressure for them. but I don't know how to be different.

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Self Doubt

I find it hard to fit into groups - I have to change myself to belong.

I'm worried I'll say the wrong thing and upset them or make them cross.

I work hard to please them.

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Self-Sabotage

Other people seem to iust know how to do life... like there's a book you're meant to get when you're born, telling you how to do relationships and feel safe.

I didn't get the book.

© PACT Ltd www.pact-resources.co.uk I don't want

to be seen

Sometimes I want to disappear, to be invisible.

Then I'm angry if they don't come and find

Or I'm afraid of their reaction if they do come.

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If my parents would only show me love and accept me as I am, I would be ok.

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Adult Attachment FEARFUL



I am not safe in the world; I am unprotected

Deep down, I long for comfort and closeness, but I fear rejection.

I try to be good, I try to work out what people want. But I'm afraid I'll be abandoned.

© PACT Ltd www.pact-resources.co.uk Teen / Young Adult Attachment **PREOCCUPIED**

Teen / Young Adult Attachment FEARFUL



world; I am unprotected

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Life is D.I.Y.

I'm independent.

I'm capable.

I'm in control.

Don't tell me what to do.

I don't need your help.

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Life is D.I.Y.





I know how to make life work – it's other people who don't.

I've got my life together. Why can't they?

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I'm independent.

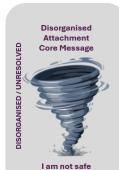
I'm capable.

I'm in control.

Don't tell me what to do.

I don't need help.

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My world is painful, frightening and confusing. I cannot find a way to feel safe and secure.

> I don't know what to do.

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When people are outof-control, raging and violent, the noise, the gestures, the facial expressions terrify me.

And when they are icy cold, I am filled with

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My ears hurt My eyes hurt My head hurts My body hurts My heart hurts

Everything hurts

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My carer is frightened

It can be very destabilising for a young child to see fear in a carer's eyes. Something very bad

must be happening.

The child feels fear without really knowing what it is, or what to do.

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On high alert, the

fight, flight, freeze

responses are ever-

present, headaches

are common, and life

is exhausting.

There is a deep



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and spirit.



Trauma Bond

A young child has to attach to survive. When the only person they can attach to is causing them harm, this is called a Trauma Bond.

> It causes mental anguish and confusion.

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Neglect

When a child's basic physical, emotional and psychological needs are persistently neglected, this can profoundly affect their health and mental wellbeing.

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affects a child's ability to concentrate, and they may have been punished at school for not paying attention in class.

Chronic trauma

Low grades reinforce low self-worth.

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Fearful-Avoidant



longing inside to be helped, rescued and loved.

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Abuse

Without a Secure Base, shame can dominate our sense of self.

I am bad. I am not loveable. I don't deserve love. I brought this on myself. I need to hide. I need to be invisible. Sometimes I want to die.

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Trauma, abuse and neglect can leave a legacy of a profound loneliness and aloneness.

Reaching out for help is painfully difficult. Trusting can feel impossibly hard.

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Trusting can be terrifying

Where there has been grooming, deception. seduction and betrayal, trust can feel impossible.

How do I know you are safe? What does that even mean?

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Gaslighting is a kind of mind control where we are told that we are mad, ill, a fantasist.

The truth is concealed and we experience profound mental confusion and harm.

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"It's exhausting, clinging on by my fingernails, not trusting myself, pushing people away. I don't understand how to connect to myself or others, while needing and wanting that connection desperately. Attachment is so scary, overwhelming and unknowable..."

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On high alert, the fight, flight, freeze responses are everpresent, headaches are common, and life

is exhausting.

There is a deep longing inside to be helped, rescued and loved.

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