

## CORE ATTACHMENT SECURITY NEEDS

We all need to reliably experience these conditions. As infants and young children, we depend on our caregivers to provide these conditions, for we are born fairly helpless. *As we develop, we can grow our capacity to be able to provide these conditions to ourselves—in how we act, how we speak to ourselves, and what and who we surround ourselves with.* However, we have to learn how to care for ourselves in these ways.

In what ways do you provide the following conditions to yourself?

In what ways do you deny yourself these conditions?

With whom have you experienced these conditions? How about in the present?

Do any current relationships include experiences that threaten these needs? What requests or boundaries might improve your security in those relationships?

### **Safety**

Reliable protection from danger and threat (physical harm, contempt, neglect, isolation)

Abstaining from harm

Responding effectively to threats proactively and after any hurt

### **Comfort**

Being reassured and soothed over time, most of the time

Using problem solving to provide comfort by making life better

Responding to physical and nervous system needs—calming, activating, movement, food, sleep

### **Understanding**

Consistently and clearly validated (i.e., making sense of our inner experience)

Feeling deeply seen and known

Inner feelings are connected to outer experiences, expectations, and needs

### **Being Valued**

Clear expressed delight and joy at who we are, not just what we do or how we perform

A sense of feeling that “self” is associated with joy and delight

### **Encouragement to Grow**

Unconditional freedom to explore and be oneself

Permission to develop into our own best self

Growing and moving forward does not compromise access to care

*Thank you to D. P. Brown and D. S. Elliott for their writing about these concepts in Attachment Disturbances: Treatment for Comprehensive Repair (2016).*