

Individual - Attachment Agreements

Incident <i>Individuals involved</i> <i>Attachment Blueprint Incident</i> <i>Please describe the incident and the people who are involved here</i>	Dr. Julie Attachment Agreements
<i>Incident:</i> <i>When I was 8 years old my sister Louise and I were sent to the store by Dad to buy a few things. Mom and Dad were doing the laundry.</i> <i>We walked to the store. We had some extra money after we had paid for the things they wanted. We decided to buy a few things for ourselves.</i> <i>I remember we bought a toy watch, some plastic high heeled shoes, some candy necklaces and some other candies. We were so happy with our purchases.</i> <i>When we got home Dad told us to put the change on the dresser in their bedroom. We did that and then went off to play.</i> <i>We were having lots of fun when suddenly dad started to yell. "Where are the thieves? "He came marching outside to find us. "I am going to call the police and you are going</i>	Attachment agreements are often grounded in maladaptive cognitive patterns, leading individuals to anchor their self-perception with negative statements such as "I am not good enough." This phenomenon can be understood as a consequence of internalized beliefs and thoughts that stem from early experiences and interactions. Once established, These maladaptive patterns can significantly influence how one views oneself and navigates relationships. Over time, repetitive negative self-statements like "I am not good enough" can reinforce insecure attachment styles, further entrenching feelings of unworthiness or anxiety in relationships. Addressing these patterns involves consciously identifying and challenging the underlying beliefs that fuel such negative self-perceptions. The focus is the Incident, Situation, and Person(s) involved in it <i>from the perspective of self in the incident or situation</i> <i>The incident and other focused agreements</i> • <i>What are the agreements in relation to the /incident/situation?</i> • <i>I would need no one.</i> • <i>I would hide so no one could see me.</i> • <i>I would say nothing.</i> • <i>I would kill them before they could kill me.</i> • <i>What did you tell yourself about the situation/incident?</i> • <i>It was all my fault.</i> • <i>What did you tell yourself about yourself in this situation/incident?</i> • <i>I am bad.</i> • <i>They would have been better off without me.</i> • <i>What did you tell yourself about your mother in this situation/incident?</i> • <i>She was weak.</i>

to jail. “ He marched us into our rooms and slammed the door behind us. I had the top bunk. Louise had the lower bunk. We were both crying. We were both very scared. We were bad. He was going to call the police. We were thieves. All I can remember is being very scared and crying. I felt devastated. My Mom was in the kitchen. She said nothing.

- *She abandoned me.*
- *She didn't love me.*
- *She didn't know how to handle life.*
- *She was under the control of my father.*
- *She put Dad before us.*
- *She didn't protect us.*
- *I promised I would never be like my mother.*
- *I promised I would never get married.*
- *I promised I would never have children.*

- *What did you tell yourself about your father in this situation/incident?*
- *He was mean.*
- *He didn't love me.*
- *He blamed me for what happened.*
- *He didn't know how to handle his anger; it scared me.*
- *Men are not safe.*
- *It is not safe to get close to a man.*
- *It is not safe to be intimate with a man.*
- *Anger is dangerous. It is better not to feel.*
- *I will prove to men that I am better than them.*

- *What did you tell yourself about your sibling(s) in this situation/incident?*
- *It was all my fault.*
- *She was weak and needed my protection.*

- *What did you tell yourself about your family/caregivers in this situation/incident?*
- *I was all alone.*
- *I had to protect myself. No one would there to look after me.*
- *Dad was dangerous and Mom didn't care. She was weak and just disappeared.*

- *What did you tell yourself about X person in this situation/incident?*

Self-focused agreements

People who are involved: My Dad My Sister Louise My Mother People who are absent: My Sister Joan	What type of agreements did you make with yourself regarding the themes below? ▪ Safety ▪ <i>I need to be hyper vigilant.</i> ▪ <i>I must keep moving.</i> ▪ <i>There is no safe place.</i> ▪ Trust ▪ <i>I can trust no one.</i> ▪ Choice ▪ <i>The choices I make must keep me safe.</i> ▪ Intimacy (being with yourself and others) ▪ <i>I need to keep everyone at a distance.</i> ▪ <i>I am bad and need to be invisible.</i> ▪ Kindness ▪ <i>I need to be cold and figure things out.</i> ▪ <i>I can't let my feelings tell me what to do.</i> ▪ <i>My thinking must be in charge.</i> ▪ Connection ▪ <i>I will do this on my own.</i> ▪ Responsibility ▪ <i>I am responsible for everyone and everything.</i> ▪ <i>I must not make a mistake.</i> What type of agreements did you make with yourself about your future? <i>I will not be woman.</i> <i>I will not be like my mother.</i> <i>I will never get close to a man.</i> <i>I will never get intimate with a man.</i> <i>I will prove to them I am better than them.</i> <i>I will not allow anyone to get close to me.</i> <i>I will be invisible.</i> <i>I will be silent.</i> <i>I will protect those who are being abused.</i> How do these agreements play a part in your life now? <i>I still follow these agreements even though I am no longer in danger.</i> How have you been keeping the old agreements for the new situations/incidents?
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I still do things on my own. I don't want to ask for help. It is easier to look after the others than it is to allow them to help me. I deny that I have any feelings. I bury them. I deny my needs. I don't listen to my body.

What has been the benefit of the agreement?

They have given me a sense of safety and control in my life.

They have given justified my existence. I have a sense of meaning and purpose in saving the others, looking after the others.

What has been the cost of the agreements?

I am alone.

I don't know what to do with my feelings.

I don't trust myself.

I need to always be on guard. I can't relax.

I don't know how to play.

I don't know how to be in a healthy relationship with anyone.

Activated Core Emotion(s)

Sadness, Happiness, Anger, Surprise, Disgust and Fear (including rejection, abandonment, loneliness, jealousy, envy),

- *How did you feel about yourself in the incident/situation?*
- *I felt scared, abandoned, alone, full of shame,*
- *How do you feel about yourself now in relation to the incident/situation?*
- *I understand I did what thought I needed to do to be safe.*
- *How did you feel about the incident/situation?*
- *I felt ashamed that I had gotten Cindy and I into trouble.*
- *I felt bad that I made dad angry, and mom scared.*

- *How do you feel about the incident/situation now?*
- *I wish it had never happened.*

What kind of emotional agreement did you make with yourself - hurt, pain, shame, disappointment, anger, joy, surprise etc.?

- *I will pretend it never happened.*
- *I will not think about it.*
- *I will block any memories when they show up.*
- *I will block any feelings.*