

## Individual - Attachment Meanings

| <p><b>Incident</b><br/> <i>Individuals involved</i><br/> <i>Attachment Blueprint Incident</i><br/> <i>Please describe the incident and the people who are involved here</i></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>Dr. Julie</b><br/> <b>Attachment Meanings</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p><i>Incident:</i><br/> <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></p> <p><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></p> <p><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></p> <p><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></p> <p><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 to jail. “ He marched us into our rooms and</i></p> | <p>The focus is the Incident, Situation, and Person(s) involved in it from the perspective of <b>self in the incident</b>. Please go over the agreements you made before you look into the meanings.</p> <p><i>The incident and other focused meanings</i></p> <ul style="list-style-type: none"> <li>• <i>What are the meanings you made in relation to the agreements and incident/situation?</i></li> <li>• <i>The world is not safe.</i></li> <li>• <i>You can't trust anyone.</i></li> <li>• <i>It is better to be alone.</i></li> <li>• <i>I shouldn't be here.</i></li> <li>• <i>Family is not safe.</i></li> <li>• <i>Best to keep everyone at a distance.</i></li> <li>• <i>It is dangerous to not have enough money.</i></li> <li>• <i>It is unsafe to feel.</i></li> <li>• <i>It is dangerous to be angry.</i></li> <li>• <i>What does the incident say about you as a person?</i></li> <li>• <i>I was bad. It was all my fault.</i></li> <li>• <i>It would have been better if I had never been born.</i></li> <li>• <i>What did the incident mean to you then?</i></li> <li>• <i>I was bad and I needed to hide.</i></li> <li>• <i>I needed to prove to them that I had a right to be here.</i></li> <li>• <i>I needed to protect my sister and my mother from my dad.</i></li> <li>• <i>What does the incident mean to you now?</i></li> <li>• <i>I was just a child who was terrified for her life and for the life of her sister and mother.</i></li> </ul> |

*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.*

- *What was the meaning you made about yourself in this situation/incident?*
- *I need to prove to them that I have a right to be here.*
- *I need to prove that I was good.*
- *It was my responsibility to make it better for ever one.*
- *What meaning is associated with your mother in this situation/incident?*
- *She was weak.*
- *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 didn't want to be like her.*
- *What meaning is associated with 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 meaning is associated with your sibling(s) in this situation/incident?*
- *It was all my fault therefore I had to fix it for her.*
- *She was weak and needed my protection.*
- *We couldn't count on mom to help us. I had to become the mother.*
- *I needed to protect her and Joan..*
- *What meaning is associated with 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.*

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| <p><i>People who are involved:</i></p> <p><i>My Dad</i><br/><i>My Mom</i><br/><i>My sister Louise</i></p> <p><i>People who are absent:</i><br/><i>My sisters Joan</i></p> | <ul style="list-style-type: none"><li>• <i>What meaning is associated with X person in this situation/incident?</i></li></ul> <p><b>Self-focused Meanings</b></p> <p><i>What meanings did you conclude regarding the themes below?</i></p> <ul style="list-style-type: none"><li>▪ <i>Safety</i></li><li>▪ <i>I was not safe.</i></li><li>▪ <i>Trust</i></li><li>▪ <i>I could trust no one.</i></li><li>▪ <i>Choice</i></li><li>▪ <i>Safety was my number one concern whenever I had to decide what to do.</i></li><li>▪ <i>Intimacy (being with yourself and others)</i></li><li>▪ <i>You can't let others get close to you.</i></li><li>▪ <i>Kindness</i></li><li>▪ <i>There is no kindness in the world. You need to protect your heart from getting hurt.</i></li><li>▪ <i>Connection</i></li><li>▪ <i>No one is safe, not even your own mom and dad.</i></li><li>▪ <i>Responsibility</i></li><li>▪ <i>I was responsible for everyone and everything.</i></li></ul> <p><i>What does the incident mean for your future?</i><br/><i>I would live my life alone and live from place of fear.</i></p> <p><i>How do these meanings play a part in your life now?</i><br/><i>I still feel all alone. I am still afraid whenever I need to make a change.</i><br/><i>I am afraid to make a mistake. I am afraid to get someone angry.</i><br/><i>I am afraid to not have enough money.</i><br/><i>I can't allow myself to let down my guard.</i><br/><i>I can't allow myself to relax and have fun.</i><br/><i>I don't allow anyone to get close. I don't want to be hurt. I don't want to be abandoned.</i></p> <p><i>How have you applied the old meanings for the new situations/incidents?</i><br/><i>I still believe these things to be true. I react and behave as if I am still living in a world that is unsafe.</i><br/><i>I am still afraid of being abandoned by the others.</i></p> <p><i>What has been the benefit of the meanings?</i><br/><i>By doing it alone and needing no one I had a sense of power and control over my life.</i></p> |
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| <p><b>Activated Core Emotion(s)</b></p> <p><i>Sadness, Happiness, Anger, Surprise, Disgust and Fear (including rejection, abandonment, loneliness, jealousy, envy),</i></p> <ul style="list-style-type: none"> <li><i>How did you feel about the meanings you have been making about yourself in the incident/situation?</i></li> <li><i>It feels overwhelming. It is sad to see how this incident has affected my whole life.</i></li> <li><i>I can understand that I was only a child. The meanings make sense when seen through the eyes of an 8-year-old girl who felt terrified.</i></li> <li><i>How do you feel about the meanings you had made about yourself in the incident/situation now?</i></li> <li><i>I feel compassion for my 8-year-old self who was living in a war zone.</i></li> <li><i>What kind of meanings did you make about the hurt, pain, shame, disappointment, anger, joy, surprise etc.?</i></li> <li><i>It would have been overwhelming for an 8-year-old to handle the intensity of the terror and shame that she was experiencing. I can understand why I had to freeze my feeling and life my life from my head. My heart was wounded. I needed to protect it from further pain.</i></li> <li><i>What would your higher Self say to you about these meanings?</i></li> <li><i>She would say that they were good responses to the situation that I was living in. I needed to do those things to keep myself safe and protect my sisters.</i></li> <li><i>She would reassure me that I am now safe, seen and supported by her. I no longer live in that environment.</i></li> <li><i>I can let go of those beliefs as they are no longer true.</i></li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |