

### Individual - Attachment Losses and Grief

<p><b>Incident</b>  <i>Individuals involved</i>  <i>Attachment Blueprint Incident</i>  <i>Please describe the incident and the people who are involved here</i></p>	<p><b>Dr. Julie  Attachment  Losses and Grief</b></p> <p>The focus is the Incident, Situation, and Person(s) involved in it  <i>from the perspective of self in the incident</i></p>
<p><i><b>Incident:</b></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></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</i></p>	<p><i>The incident and other focused losses and grief</i></p> <p><i>What are the losses in relation to the incident?</i>  <i>My mother said nothing. She didn't come to help us. I felt abandoned.</i>  <i>My father's anger terrified me. I was afraid he would lose control. I no longer had his protection. I did not feel safe.</i>  <i>I was told that I was bad. I no longer felt a sense of inherent goodness.</i>  <i>I was responsible for what happened. I had to take care of my siblings.</i>  <i>I no longer felt safe in my own home with my own family.</i>  <i>I had made a bad decision to spend the money. I could no longer trust that I would know what to do in any given situation.</i></p> <p><i>What has been lost?</i>  <i>A sense of feeling safe in my family.</i>  <i>The rug had been pulled out from under me I could no longer trust the future.</i>  <i>I was told that I was bad. I was filled with shame. I no longer thought I had any value.</i></p> <p><i>What have you been grieving?</i>  <i>The loss of my childhood</i>  <i>The loss of my ability to be playful.</i>  <i>The loss of a sense of my inner goodness</i>  <i>Loss of trust in the world and the future.</i>  <i>The loss of a willingness to connect with people. I didn't want to get hurt.</i></p> <p><i>What are the losses in relation to the Self?</i>  <i>A loss of sense of self-worth</i></p>

*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.*

*A loss of connection to my Self  
I lost any trust in myself.*

*What are the losses in relation to your mom in the incident?  
I lost being seen, held, nurtured, supported, cared for and protected by her.  
I felt abandoned by my mother.  
I didn't want to be weak like my mom. I had to take charge of my own life and need no one.  
I didn't want to be a girl.*

*What are the losses in relation to your dad in the incident?  
I lost all trust in men.  
I lost any desire to be in relationship with a man.  
I lost my ability to feel. I didn't want to be like my dad.  
I was terrified... I froze my feelings. It wasn't safe to feel.  
I lost my ability to be spontaneous, I don't trust myself to know what to do.  
I afraid that things could change without any warning, and I will lose everything. I lost faith in the future.  
I lost my ability to speak my truth to men. I don't want to upset them and have them become angry like my dad.*

*What are the losses in relation to your siblings in the incident?  
I lost being a sister, I became a parent.  
I lost my being able to play with my sisters.  
I could no longer be a child. I had to become a parent.*

*What are the losses in relation to (person X) \_\_\_ in the incident?*

*What still needs to be addressed?  
My ability to trust others.  
My ability to trust myself.  
My ability to form healthy relationships.  
My ability to be intimate with men in a healthy way.  
My ability to receive love and support from others.  
My ability to feel anger.  
My ability to feel pleasure, to enjoy life, to be playful.*

*What has yet to be nurtured?  
A sense of my inherent goodness  
To know that its ok to be seen  
To know that it is ok to speak my truth.*

<p><i>People who are involved:</i> <i>My Father</i> <i>My Mother</i> <i>My Sister Louise</i></p> <p><i>People who are absent:</i> <i>My sister Joan</i></p>	<p><i>To know that it is ok to say No.</i></p> <p><i>What needs to be validated?</i> <i>That I can put my needs before those of the others and not feel guilty.</i> <i>That I am of value just because I am, not because of what I do.</i></p> <p><i>What needs to be acknowledged?</i> <i>That I was abused as a child.</i> <i>That I had a right to be terrified.</i> <i>That what happened to me was real.</i> <i>That it wasn't my fault.</i> <i>That I did the best I good in any given situation given that I was living from a place of fear, mistrust and feeling abandoned.</i></p> <p><i>What has yet to be grieved?</i> <i>The loss of my childhood.</i> <i>The loss of my ability to be proud of being a girl.</i></p> <p><i>What needs to be reassured?</i> <i>I need to know that everything will be OK.</i> <i>I need to know that I am safe.</i> <i>I need to know that I can trust myself and the others.</i> <i>I need to know that I am inherently good.</i></p> <p><i>What needs to be voiced?</i> <i>The truth of what happened to me.</i></p> <p><i>What needs to be listened to?</i> <i>My 8-year-old who was scared as hell, who felt all alone, who felt responsible for everything.</i></p> <p><i>What do you wish had happened?</i> <i>That Dad didn't lose his temper.</i> <i>That he didn't accuse us of being thieves</i> <i>That he didn't threaten calling the police.</i></p> <p><i>What do you wish your mom had done in the situation?</i> <i>I wish she had been able to talk to my dad, to help him settle down and then come to the room to make sure we were ok.</i> <i>I wish that she gave us a big hug and told us that we were safe.</i></p>
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*I wish she had told us that we weren't bad, that we just made a mistake.  
I wish she had told us it was ok to be children.*

*What do you wish your dad had done in the situation?*

*I wish my dad had been able to control his temper.  
I wish that he could have explained to us why he was upset.  
I wish that he told us that he forgave us for spending the money.  
I wish that he would have given us a big hug and told us that it was all going to be OK.  
I wish that he had told us we were safe, and he would provide for us.  
I wish that he told us that it is ok to make mistakes. We just need to learn from them.*

*What do you wish your sibling had done in the situation?*

*I wish she could have come to me so that we could hug each other and support each other.*

*What do you wish person X had done in the situation?*

### **Self-focused losses**

*What type of losses and grief did you experiences regarding the themes below?*

- *Safety*
- *I lost all sense of feeling safe in the world.*
- *Trust*
- *I lost my trust in my family, my self and in the world.*
- *Choice*
- *I lost my ability to trust that I would make the right choice in any given situation.*
- *Intimacy (being with yourself and others)*
- *I lost my desire to get close to anyone. It was better to keep a distance between us.*
- *Kindness*
- *I lost my ability to be soft, gentle and kind.*
- *I had to be in charge and in control if I was going to protect the others.*
- *Connection*
- *I lost my desire to connect with anyone. I didn't want to get hurt again.*
- *Responsibility*
- *I felt responsible for what happened. I lost my ability to have a sense of freedom to just be. I was always need to be ready to look after the others.*
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*What type of agreements did you make with yourself about your future?*

*I would need no one. It was better to do everything by myself.*

*I had to fix everything so the others would never feel any pain or struggle.*

*I would protect my heart at all costs so that I would never be hurt and scared again.*

*How do these losses play a part in your life now?*

*I look back at my life and feel very sad, I feel as if I have never lived the life that I wanted to live.*

*I still don't trust others.*

*It is still hard for me to ask for help and to allow others to help me.*

*I still worry about being a bother to others.*

*It is hard for me to adjust to change.*

*I am afraid to try new things.*

*I still worry that I will not have enough money.*

*I still don't know how to play, have fun and simply enjoy life.*

*How do you grieve the losses now?*

*It is still hard for me to feel the sadness and sorrow of losing these things.*

*I would rather keep busy than to feel the inner pain and sadness.*

*I would rather read about what I should do rather than experience the feelings that I have suppressed and blocked.*

*How have you been keeping the old losses active in the new situations/incidents?*

*I don't allow people to get close.*

*I don't allow myself to feel their love and support because I am afraid of getting hurt again.*

*I am afraid they would abandon me if they knew what I was really feeling on the inside.*

*What has been the cost of the losses?*

*I lost the sense of who I am.*

*I have no inner peace, joy, contentment, or enjoyment of life.*

*I am not able to be spontaneous.*

*I don't know how to have fun.*

*I don't know how to take time for myself and look after my body.*

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**Activated Core Emotion(s)**

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

- *How do you feel about your losses and grief in the incident/situation now?*
- *I feel overwhelmed that I have lost so much.*
- *I feel a sense of shame and despair that it will never get better.*
- *I feel that somehow, I should have known better.*
  
- *What would your secure Self do for you in the grief process?*
- *She would hold me, tell me that she sees me, that she is here to protect me.*
- *She would reassure me that it is ok for me to feel.*
- *She would reassure me that I won't drown in my sorrow if I allow myself to cry.*
- *She will tell me that she loves me.*
- *She reassures me she will never abandon me. She is here for me.*
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