Therapy-on-Sea

Couples Attachment Issues Example

Relationship Trigger “My partner said something that hurt my feelings”

	Secure	Anxious	Avoidant	Disorganised
Core Belief	“I trust that I am worthy of love. What is happening is a moment in time. It is as a result of things momentarily out of our control.	I am not loveable. This is further proof that my partner doesn’t love m or care about my feelings	If my partner isn’t happy about something, that means they think I am a failure	People cannot be trusted. Nobody is safe. I have to be vigilant
Emotional Reaction	My feelings are hurt but I know I am safe	I feel rejected, sad and lonely. I can’t cope by myself. I need my partner to love me	I feel rejected and alone, but I will hide the feeling and disconnect from them and pretend that they aren’t there	I feel rejected, abandoned, afraid. I am in danger
Protection Reaction	My reaction is real and understandable. It is under control; I do not need to avoid this.	I am so upset; how can they do this to me. This feels so big	Pretend it is not there. Carry on	Enraged, Afraid, Conflicted.
Behaviour	To approach partner and talk about it, express feelings and negotiate a way forward	Shows lots of emotions, fear, worry, blames, criticises, clings,	Let it go, appease partner, leave the situation, pretend not care, be passive aggressive.	Go to extremes, withdraw before they withdraw. Silence and punish
Changing	No change necessary. Working perfectly	Learn to trust, develop self-awareness, communicate needs clearly, mindfulness	Learn to express needs and wants, understand your emotions	Learn to regulate emotions and to write thoughts down so that they can be seen first

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