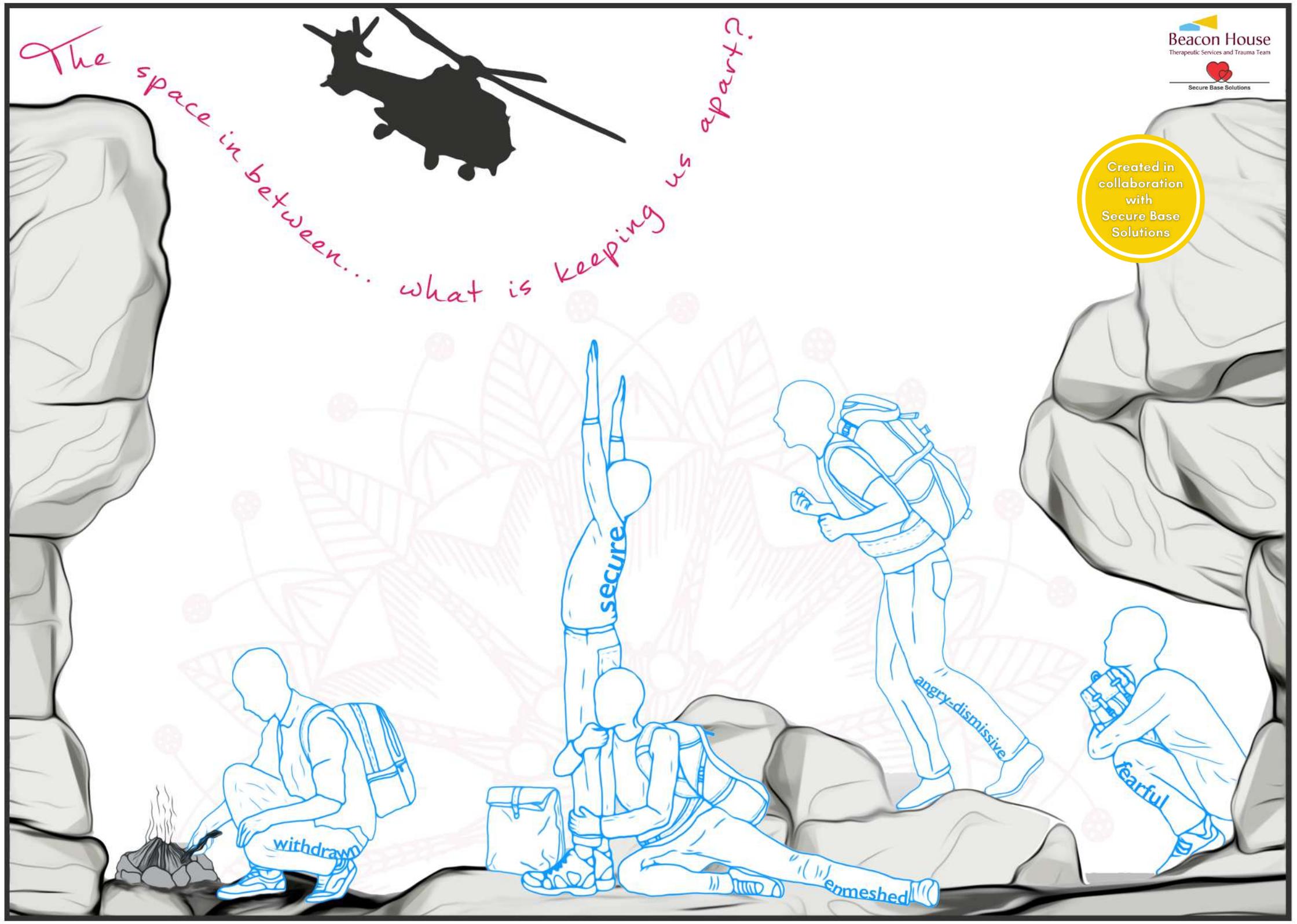


The space in between... what is keeping us apart?

Created in collaboration with Secure Base Solutions





It is well known that relationships are the key to healing and growth, but often it's not what we turn to first - why not?

What lies in the gap between us?

ATTACHMENT STRATEGIES

We all have an attachment strategy which is directly influenced by how we were cared for as a baby. This can then adapt over time according to our subsequent experiences of relationships. Cleverly, we can also develop different attachment strategies for use in different areas of our lives, so at home we may use one strategy and at work another - whatever works best to keep us safe in that moment.



Depending on our attachment strategy, we might find it **difficult to form relationships or to maintain connection**. If we have never developed trust within a meaningful relationship, we can learn to avoid turning to others for support or alternatively we can become needy and anxious. Understanding attachment strategies - starting with our own, **helps us to make sense of why people can't always connect and be open to support** despite it being a powerful path to repair and growth.





Being a • **Responsive** and **attuned** to the other
Secure • **Holding** the other's **emotions** while regulating my own
Base • Provide a **safe place** from which to **explore, make and maintain connections**



THE ATTACHMENT STRATEGIES INTENSITY MACHINE

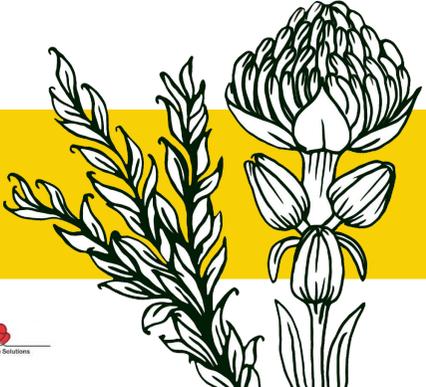
We **don't all start** from a secure attachment style. Our attachment styles **range** from secure to markedly insecure.

When **life stressors hit**, we might find **we shoot up** the scale.

How far we shoot up the scale will depend on **the number and intensity of the life events** and how secure our attachment style is to start with.

SELF-REFLECTION

- WHERE AM I IN THIS MOMENT?
- WHERE DO I SHOOT TO WHEN LIFE STRESSORS HIT?



LOOKING INSIDE...

Being a professional in a support role **doesn't make us less vulnerable to being influenced by our attachment style.** The key to becoming a secure base for the people we work with, is our awareness of our own attachment style and its impact on our self and others.

Knowing we need to be genuine and authentic within our helping role requires us to understand what might get in the way. **What we need to do, regardless of the other person's strategies, is to become their secure base.**

To be mindful of our own baggage and be there for somebody else takes self-reflection and a good dose of curiosity; **looking inside our self with honesty and insight** will teach us how we can be our best, authentic self.



AS A PRACTITIONER...

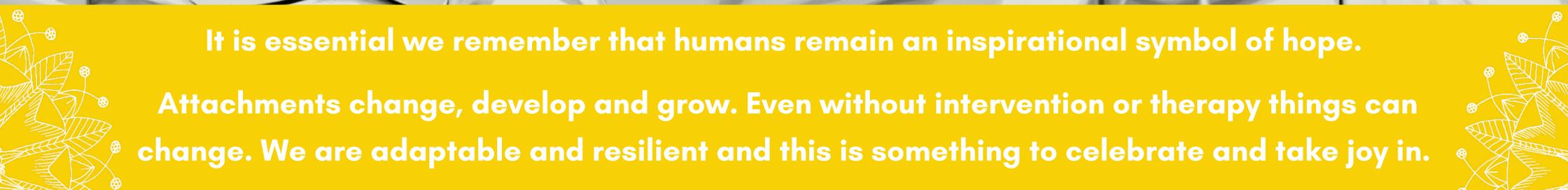
By being a secure base and aware of our own attachment style, we can start to understand the interaction between the different attachment styles and where we can position ourselves as practitioners.

For example; if you have an avoidant attachment style and you are working with someone who also has an avoidant attachment style, if they miss an appointment and **your** attachment system is activated **your** reaction may be not to follow up with them. Or, when an angry-dismissive family member meets their worker, they might be dismissive about what they are receiving from the service and not see value in it, they might tell everyone how crap they are. In response the withdrawn worker might give up too quickly on engagement, while an enmeshed worker might take the attack very personally.

The following pages may help you to understand the different attachment styles. Cut out the attachment style figures/tools and using the '**the space in between**' image, place them on the page and spend some time answering the reflective questions provided.

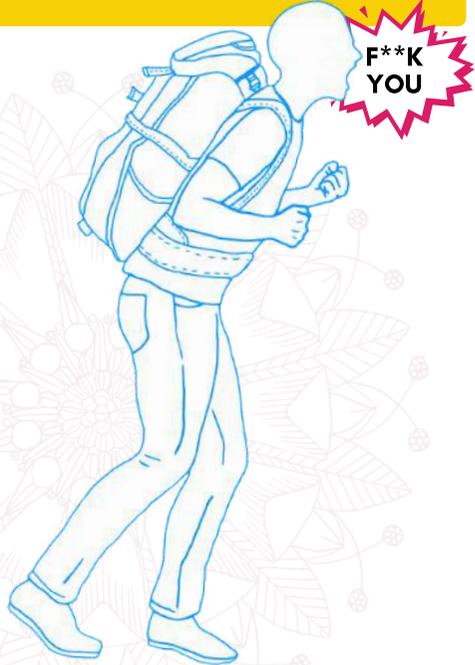
It is essential we remember that humans remain an inspirational symbol of hope.

Attachments change, develop and grow. Even without intervention or therapy things can change. We are adaptable and resilient and this is something to celebrate and take joy in.



SPOTTING MY ATTACHMENT STRATEGIES*

ANGRY-DISMISSIVE



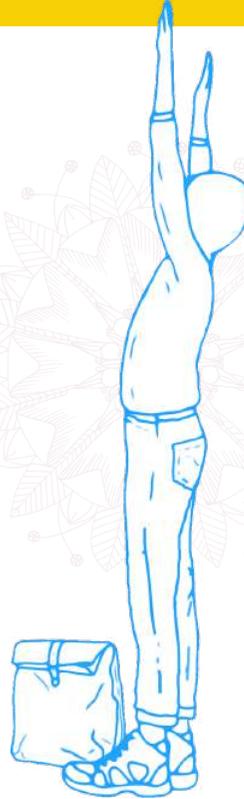
I am fiercely independent and assertive - often this comes out as anger. I like to do things by myself, for myself. I am annoyed easily when people let me down, people are hard to trust and unreliable. I blame others when things go wrong in my relationships

WITHDRAWN



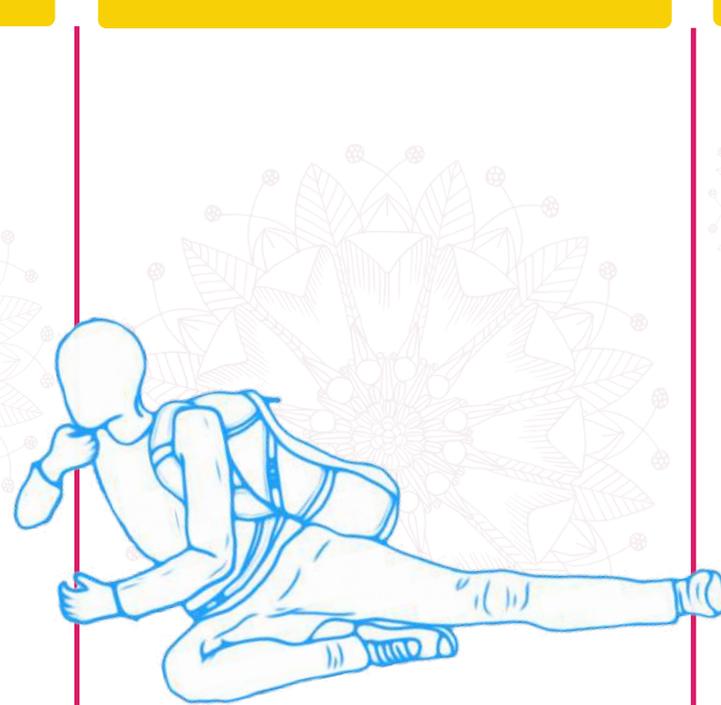
I like my privacy and need to spend lots of time by myself. I don't like to get close to people - its not that I worry about being let down but I like my independence and want to make my own judgements and decisions. I am very rational and am often described as unemotional. I have very few supportive relationships.

SECURE



I am not particularly negative and am flexible with my approach to most things. I am comfortable having people around and I am also happy to do my own thing. I have relationships old and new and ask for help when I need it.

EMESHED



I depend on other people and need their company. I have quite a few friends but am only close to a couple of them. I really don't like to be alone and can get anxious when people leave. I might get angry sometimes if I'm let down. I take it quite personally when people take up the attention I need from others.

FEARFUL



I really want to be close to people but also get really worried about being hurt or let down by them, leaving me feeling quite anxious. I get quite lonely because of this. I blame myself when things go wrong in my relationships

WHERE AM I?

Less stressors,
more able to
access support
and connection



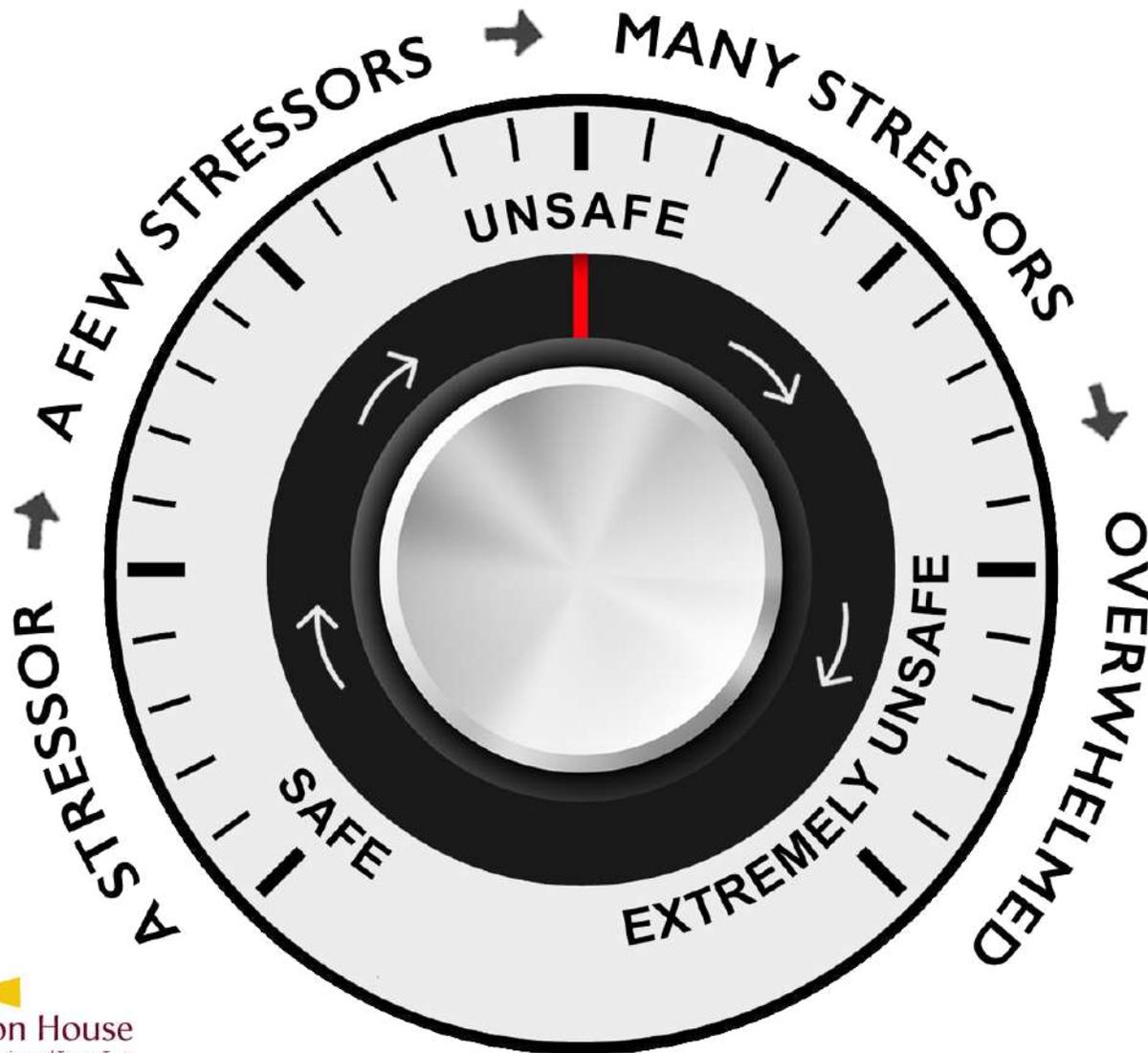
More stressors
and less able to
access support
and connection.

OUR INTERNAL DIAL

There is a level of presence that is required to be attuned to ourselves in each moment.

Tuning in to our internal dial can help us to make sense of where we are right now, and what we might need to do next to reduce the intensity of our experiences and move away from overwhelm.

TUNING IN TO MY INTERNAL DIAL



WHERE AM I ON MY INTERNAL DIAL?



How can I make sure my dial **doesn't turn** round further?

- How do I **reduce** my stressors?
- Do I need to **access more** support?
- Do I need to **access more** connection?



REFLECTIVE QUESTIONS

ATTACHMENT STRATEGIES | CUT OUT THE FIGURES PROVIDED AND SPEND SOME TIME REFLECTING ON THE FOLLOWING

- What attachment strategy do you **most often use** in your professional role?
- What attachment strategy do you **go into when you are stressed**?
- Have you ever **experienced** being a secure base? If yes, **when** was this? What were you like – what **qualities** did you have?
- Are you able to **stay regulated** when others are angry or in distress?
- What **stops you** being a secure base?
- What attachment strategy **do you find harder to support** than others?
- What happens if you support someone with the **same attachment strategy** as you?
- What happens if you support someone who has a **very different attachment strategy** to you?
- Who or what acts as your **secure base** at work?
- Think of a situation when you were pushed off your secure base, **what triggered you**?

TOOLS | CUT OUT THE TOOLS PROVIDED AND SPEND SOME TIME REFLECTING ON THE FOLLOWING:

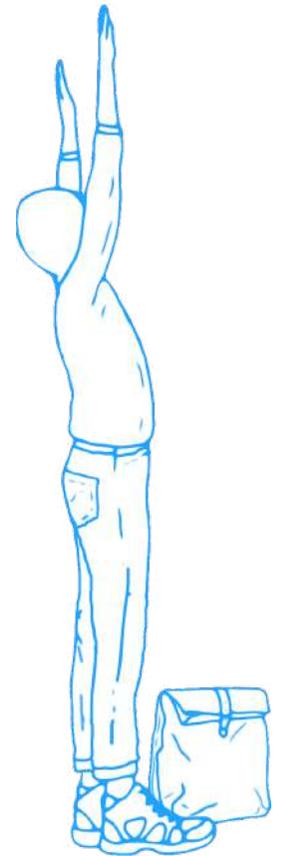
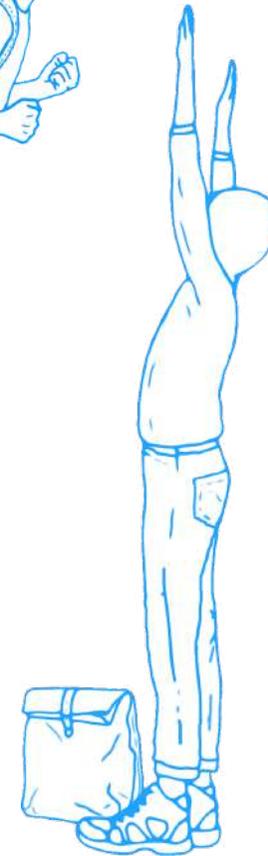
- What tools shared here **have you already got in place** so you can be self-regulated enough to be a secure base?
- What tools shared here are **missing for you**?
- Are there any tools you use **that aren't here**?



ATTACHMENT FIGURES



- FEARFUL
- WITHDRAWN
- EMBESHED
- ANGRY-DISMISSIVE
- SECURE BASE

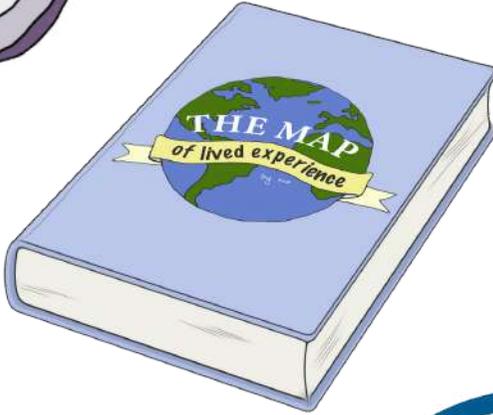


CUT OUT THESE FIGURES TO USE WITH THE BLANK 'SPACE IN BETWEEN' IMAGE AND THE REFLECTIVE QUESTIONS

WHAT'S IN YOUR TOOLBOX?



- SELF-REGULATION
- BRUCE PERRY'S 6 R'S
- CURIOSITY
- PEER SUPPORT
- REFLECTING
- PROFESSIONAL DEVELOPMENT
- LIVED EXPERIENCE
- SUPERVISION
- THEORY
- SELF CARE



CUT OUT THESE TOOLS TO USE WITH THE REFLECTIVE QUESTIONS

The space in between...

