

We all have automatic defenses: fight, flight, freeze, attach, and submit. These defenses are normal, natural, and spontaneous; we do not get to consciously choose when a defense is activated or which one(s) are activated in response to a given situation. Knowing more about our protective parts (how they have helped us in the past and how they might continue to be activated in the present) can allow us to identify when we are triggered and help our nervous system find its way back to feeling safer, calmer, and in the present moment. The more we do this, the more we teach our nervous system that we are safe now and we have choice now.

## ATTACH: NEEDY

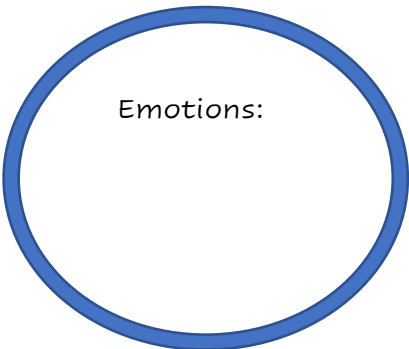
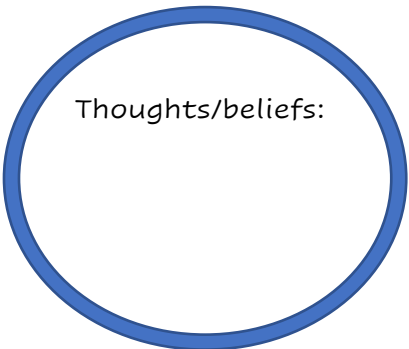
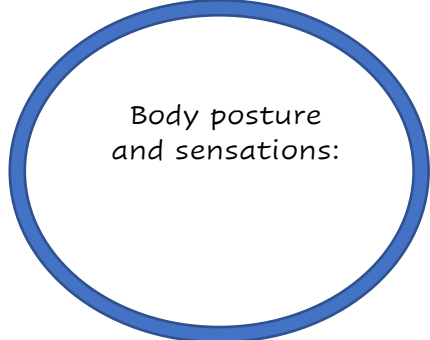
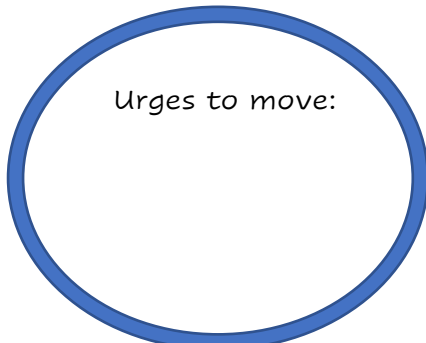
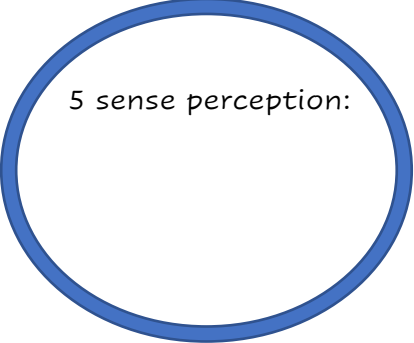

This part is interested in proximity seeking—getting close to people-- and desperately wants to feel cared for. It can be very sweet, innocent, wants to be seen, valued, and rescued. It desperately wants someone to depend on. This part of feels very young and vulnerable. Often this part will trigger anger as it can open up a lot of vulnerability.

Do you recognize any of the following?

- Desperate
- Craves connection
- Sweet
- Innocent
- Wants to be liked
- Wants someone to depend on
- People pleasing/self-sacrificing
- Fear of abandonment

## IMPLICIT MEMORIES:

There are 5 Building Blocks of Experience (*Emotions, thoughts/beliefs, somatic experiences, urges, 5 sense perception*). When your “attach” survival resource has been activated, what changes in your experience?

 <p>Emotions:</p>	 <p>Thoughts/beliefs:</p>	 <p>Body posture and sensations:</p>
 <p>Urges to move:</p>	 <p>5 sense perception:</p>	 <p>How old do you feel?:</p>

- Describe your negative thoughts, emotions, and body movements/ sensations when you think about “Attach” as a short coming.
- When have you used this resource? How has “Attach” helped you when you needed it?
- Describe your thoughts, emotions, and body movements/ sensations when you think about “Attach” as something that helped you deal with difficult times.