MODULE 1
Attachment
The Science of Love
EXERCISE
Self-Reflection

How has the myth of independence impacted your life?
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When you express your needs, do you do it within a declaration of independence sandwich? Write down a few examples of what you may say:
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____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

Who are the people that you feel you can share the important parts of your life with?
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____________________________________________________________________________________
____________________________________________________________________________________
What stands out the most to you as you think about the fMRI hand holding study?
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____________________________________________________________________________________
____________________________________________________________________________________

What are some of your “red X problems?”
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____________________________________________________________________________________
____________________________________________________________________________________

When you think about secure connection, what does it look like? What does it feel like?
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____________________________________________________________________________________
____________________________________________________________________________________

To what degree has isolation and loneliness contributed to resentment and bitterness in your relationship?
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____________________________________________________________________________________
____________________________________________________________________________________
For the next three questions, think about a couple that you really admire—that you want a relationship like theirs:

How do they interact with each other?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

How do they talk about each other?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

What do they do when they’re together?
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____________________________________________________________________________________
____________________________________________________________________________________

Take the online Do You C.A.R.E. assessment. The link is in the module file. It will be automatically scored for you and a copy of your results will be sent to your email. It will help you gain an overview of where you and your partner are on those four elements.
EXERCISE A
Answer the following questions.

1. As a child, what did you do when you were upset, sad, or sick?

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____________________________________________________________________________________
____________________________________________________________________________________

2. As a child, was there someone you could go to for comfort?  Who was it and how would he/she respond?

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____________________________________________________________________________________
____________________________________________________________________________________

3. Which parent were you closer to and why?

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____________________________________________________________________________________
____________________________________________________________________________________

4. How did this person respond to you?

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____________________________________________________________________________________
____________________________________________________________________________________
5. How consistently did you get that response?

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____________________________________________________________________________________
____________________________________________________________________________________

6. What did you learn about asking for comfort from these experiences?

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7. Write down five adjectives to describe your mother (see examples below)

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____________________________________________________________________________________
____________________________________________________________________________________
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8. Write down five adjectives to describe your father. (See examples below)

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
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<table>
<thead>
<tr>
<th>Kind</th>
<th>Patient</th>
<th>Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm</td>
<td>Rigid</td>
<td>Helpful</td>
</tr>
<tr>
<td>Attentive</td>
<td>Depressed</td>
<td>Engaged</td>
</tr>
<tr>
<td>Dismissive</td>
<td>Preoccupied</td>
<td>Caring</td>
</tr>
<tr>
<td>Angry</td>
<td>Irritated</td>
<td>Frustrated</td>
</tr>
<tr>
<td>Gentle</td>
<td>Loving</td>
<td>Withdrawn</td>
</tr>
<tr>
<td>Disappointed</td>
<td>Inviting</td>
<td>Happy</td>
</tr>
</tbody>
</table>
13. Did you ever feel rejected as a child?
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

14. Did you ever feel pushed away or ignored?
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____________________________________________________________________________________
____________________________________________________________________________________

15. Were there any other adults you were close to as a child?
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____________________________________________________________________________________
____________________________________________________________________________________

16. Have you lost anybody close to you?
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____________________________________________________________________________________
____________________________________________________________________________________

17. Describe your parent’s romantic relationship.
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____________________________________________________________________________________
____________________________________________________________________________________
18. What did you learn about relationships by watching them?
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____________________________________________________________________________________
____________________________________________________________________________________

19. Describe a time when you have been able to rely on and find comfort in your partner?
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____________________________________________________________________________________
____________________________________________________________________________________

20. How do you typically approach your partner for attention and contact?
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____________________________________________________________________________________
____________________________________________________________________________________

22. Have there been times in previous relationships where you needed comfort or companionship and could not get a response from your partner/parent/friend?
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____________________________________________________________________________________
____________________________________________________________________________________
Putting it all together:

Looking over the answers to the attachment history questions, what have you learned about yourself?

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____________________________________________________________________________________
____________________________________________________________________________________

How has the way you have managed your emotions helped you in your life?

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____________________________________________________________________________________
____________________________________________________________________________________

What may have been an important coping mechanism for managing distress or the need for connection as a child, may actually be hurting your relationships today. As you reflect on your attachment history, how are your coping mechanisms hurting you today?

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____________________________________________________________________________________