

THE HEALING PROCESS



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ATTACHMENT

- As humans, we are designed to bond with others
 - strong affectional tie that binds a person to an intimate companion
 - a behavioral system that helps feel secure & regulate emotional distress
- Attachment begins early on and is shaped by our relationship with caregivers
 - Babies and children seek attachment by sucking, vocalization, tracking/following, smiling, wanting to be close
 - Adults affirm by mirroring and responding
- Even as adults we need and seek out attachment

WHY IS ATTACHMENT IMPORTANT?

- Studies have found that interactions with caregivers shapes how babies see themselves, others, and the world around them which influences their expectations.
 - Am I... Lovable? Unlovable?
 - Am I... Seen? Understood? Important?
 - Can I... Trust the people around me?
 - Can I... Rely on the people around me?
 - Do Strangers... Pose a threat?
- How we see the world influences what we expect, how we interpret things, and how we respond

Infant Attachment Styles - Ainsworth

Secure

- Caregiver: quick, consistent, tuned in
- Child: secure, happy, trusts needs will be met

Avoidant

- Caregiver: distant, disengaged, little response to distress
- Child: emotionally distant, doesn't explore

Ambivalent

- Caregiver: Inconsistent, sometimes responsive, sometimes not
- Child: anxious, insecure, angry, can't rely on needs getting met

Disorganized

- Caregiver: frightening, extreme, erratic, intrusive
- Child: depressed, traumatized, passive, confused how to get needs met

Adult Attachment Styles – Hazan & Shaver

Secure

- Low Anxiety, Low Avoidance
- Happy, empathetic, responsive, able to be vulnerable, close, intimate, "I'm okay, you're okay"

Preoccupied

- High Anxiety, Low Avoidance
- Very others focused, fear of abandonment, clingy, feels unworthy of love/affection, seeks validation, "I am not okay, but you are"

Dismissing

- Low Anxiety, High Avoidance
- Independent, minimal intimacy behaviors, low level of trust with others, "I am okay, you are not."

Fearful

- High Anxiety, High Avoidance
- Dependent, wants closeness but expects to be hurt, avoids intimacy, "I am not okay, you are not okay"

TURNING UP OR TURNING DOWN THE VOLUME

Hyperactivation

- Excessive calling, texting, emailing, social media
- Sexually seductive or provocative behavior
- Threatening to leave
- Acting too busy for others
- Trying to make others jealous
- Excessive attention on outer appearance
- Needing reassurance to make decisions
- Suicidal threats
- Relationship "hopping"
- Social substance use

Deactivation

- Excessive use of alcohol and/or drug use
- Self-harm
- Living in a fantasy world -books, movies, video games
- Denial
- Negative reaction to emotional connection
- Failure to repair relationships
- A pattern of "holding it all together" and then experiencing emotional explosions
- Feeling shameful
- I'm stronger because I don't need anyone
- Rebuffs the idea of being in need of others' help
- Seems to lack empathy

What is co-dependency?

- A pattern of painful dependence on compulsive behaviors and approval from others in an attempt to find safety, self worth and identity - Timmon Cermak
- Codependency is a behavioral condition in a relationship where one person enables another person's addiction, poor mental health, immaturity, irresponsibility, or under-achievement. Among the core characteristics of codependency is an excessive reliance on other people for approval and a sense of identity. - R.S. Johnhon
- “Codependents have learned to value themselves as a helper. When you grow up with alcoholic parents, around someone narcissistic or with a mother that puts herself first, you will learn at 2 or 3 years old that you have to serve the mother or father and that’s how you get the brownie points, that’s how you get recognition and have some kind of safety in the relationship.” - Dariane Pictet
- Doing for someone what they could do for themselves

What does co-dependency look like?

- One sided relationships – always the helper, never the helpee
- Focus on helping and doing for others to the exclusion on your own needs
- Doing more than our fair share
- Feeling hurt or resentment when efforts/sacrifices aren’t noticed
- Extremely critical – of self (perfectionism) and others
- Feel responsible for everyone and everything, attempts to control others
- Being a people pleaser, not wanting to upset anyone or cause conflict
- Difficulty setting boundaries, saying no, and being assertive
- Difficulty recognizing your own feelings and needs

Why should this matter to me?

- Our work is done within the context of relationships, which means our “stuff” can easily get bumped
- Our co-dependency can get us in to some challenging situations – good intentions gone out of control
- You will become infinitely more effective
- You will feel more fulfilled in your relationships

What can I do?

- Break the denial
- Take time to reflect on your feelings and your needs
- Challenge your negative self-talk
- Practice setting healthy boundaries
- Practice assertiveness
- Ask yourself are you bailing the other person out/attempting to break their fall?
Taking responsibility for the entire relationship?

Emotional Intelligence (EQ) - Goleman

The ability to monitor your own emotions as well as others, ability to identify and label them and use emotional information to guide the thinking and behavior of yourself and others

5 Components to Emotional Intelligence

- Self-Awareness – What am I feeling? Why am I feeling this way? What are my true strengths and limitations?
- Self-Regulation – Managing and expressing my emotions appropriately – especially uncomfortable ones, managing your impulses, thinking before acting.
- Self-Motivation – Driven by more than just money, status, persistence. Continues even when things are difficult.
- Empathy – Recognizing and responding to the emotions of others, sensing and responding to the needs of others.
- Social Skill – Developing bonds, managing conflict, inspiring and encouraging change, building teams.

How does having a high EQ help you?

You become a more effective helper and leader because you:

- Recognize and understand your own emotional response
- Recognize and understand the other's emotional response
- Your decisions are more fully informed and not based on impulse or emotions
- You can better predict the intangible consequences of decisions
- You can better help the people you care to grow

How can you develop EQ in yourself or others?

Self-Awareness

- Check in with yourself and ask what am I feeling right now?
- Journal about situations that came up during your day that evoked emotion.
- Ask for feedback from those around you

Self-Regulation

- Consider what situations or circumstances trigger different emotions.
- Practice deep breathing
- Recognize stinking thinking
- Practice stress management and self-care

How can you develop EQ in yourself or others?

Motivation

- Break your big goals into smaller, more achievable steps
- Find your *why*
- Find an accountability partner

Empathy

- Put yourself in the other person's shoes and consider how they may be feeling
- Ask yourself what would you think or do in their circumstance
- Ask yourself what you would want or need in their circumstance

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Social Skills

- Practice moving towards conflict
- Practice active listening skills
- Listen with your heart
- Practice, practice, practice to increase your confidence

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