

LESSON 3

REFLECT ON YOUR ATTACHMENT MODELS

After watching Dan and Lisa discuss attachment strategies, we invite you to think about the attachment model or models you've experienced in your life. Were they secure, avoidant, ambivalent, and/or disorganized? Remember, many of us have experienced more than one of these attachment models.

Keep in mind that, as Dr. Dan Siegel writes in **Brainstorm**, “Your attachment model is a summary of how you’ve adapted to the relationships you’ve had with important people in your life. It’s not however, a sign of some problem you have inside you— it’s merely a reflection of a learned response to real-life events, to your actual relationship in your early days.”

We encourage you to reflect on your attachment models in your journal. Consider how your early relationships and the attachment models you developed in response shape how you connect with others today. For example, are there areas in your current relationship, where you may be dismissing or preoccupied? Does this style of relating feel familiar to something you may have experienced in your own childhood?