

ATTACHMENT NEEDS



To be safe and protected
To be affirmed and validated
To be included / sense of belonging
To be touched and comforted
To receive consistent, reliable care
To be heard and understood



Lord, in what ways was my need to be protected and to feel safe met for me as a child?

Safe

Lord, in what ways was my need to be protected and to feel safe unmet, or even violated, for me as a child?

Lord, bring to mind now, the moment or moments that You want me to see more clearly.

Affirmed

to be affirmed in our identity and even in our very existence; a sense that “it is good for me to exist, I am seen, I am valid.”

Lord, in what ways was my need to be affirmed and validated met for me as a child?

Lord, in what ways was my need to be affirmed and validated unmet, or even violated, for me as a child?

Lord, bring to mind now, the moment or moments that You want me to see more clearly.

Included

to be welcome in my family; to experience a sense of belonging and inclusion

Lord, in what ways was my need to be included and to belong met for me as a child?

Lord, in what ways was my need to be included and to belong unmet, or even violated, for me as a child?

Lord, bring to mind now, the moment or moments that You want me to see more clearly.

Touched

to be held, embraced, comforted, snuggled and shown other forms of healthy affection

Lord, in what ways was my need to be touched and comforted met for me as a child?

Lord, in what ways was my need to be touched and comforted unmet, or even violated, for me as a child?

Lord, bring to mind now, the moment or moments that You want me to see more clearly.

Consistency

to be shown consistent care; to have reliable, trustworthy adults to meet your needs

Lord, in what ways was my need for consistency met for me as a child?

Lord, in what ways was my need for consistency unmet, or even violated, for me as a child?

Lord, bring to mind now, the moment or moments that You want me to see more clearly.

Heard

To be heard and understood, listened to, shown attentiveness and respect, not judged or dismissed

Lord, in what ways was my need to be heard and understood met for me as a child?

Lord, in what ways was my need to be heard and understood unmet, or even violated, for me as a child?

Lord, bring to mind now, the moment or moments that You want me to see more clearly.



Healing our Relationship With Self



A 4-session video course that will guide you towards interior peace through the healing of self-criticism, self-shaming and other adverse patterns in your relationship with yourself.



"The root of man's joy lies in the harmony he has with himself. Only one who is at peace with himself, can be at peace in the world."

- Pope Benedict XVI



The CHRIST Program

Therapeutic skills for living a
Christ-centered life in the midst
of anxiety, trauma, and uncertainty



- six instructional videos
- full color workbook
- versions for men & women
- optional sessions with an inner healing coach

All battles are first won or lost in the mind.

- St. Joan of Arc