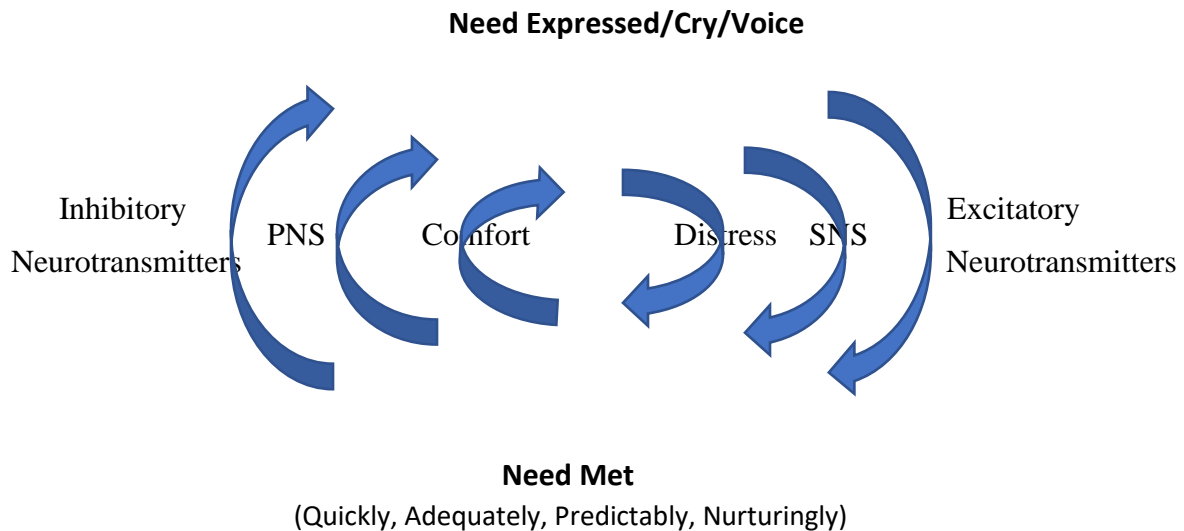


## Attachment Cycle

*Adapted from Drs. Karyn Purvis and David Cross- Institute of Child Development/Texas Christian University*

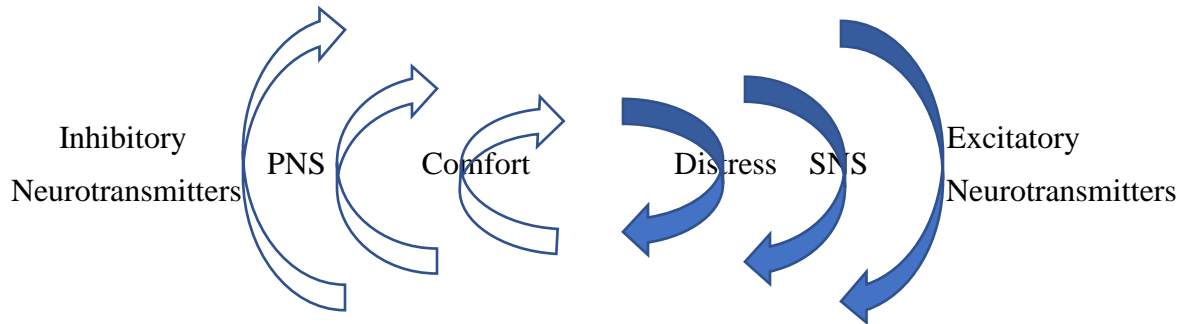


**Trust-** Attachment (World is safe and predictable) Identity (I am loved, valued, belong) Agency (I have the ability to get my needs met) Your Belief Software

**HPA Balance-** Sympathetic Nervous System (heart rate, tears, muscle tension, lungs opening) operates during stress. Parasympathetic Nervous System (lowered heart rate, relaxed muscles, tears stop) operates under calming. This creates a balance and teaches your body how to self-regulate (calm itself in stressful situations).

**Balanced Brain Chemistry-** Excitatory Neurotransmitters (like cortisol and adrenaline) are released during times of stress. Inhibitory Neurotransmitters (Like serotonin, adrenaline, and gaba) are released during times of calm and pleasure. This creates a balanced brain chemistry and the foundation for mental health.

## Need Expressed/Cry/Voice



## Need Not Met

(Quickly, Adequately, Predictably, Nurturingly)

Left in a state of Chronic Distress

**Belief Software-** Distrust, world is not safe or predictable; I am not loved, valued; I do not know where I belong; I do not have the ability to get my needs met by just voicing my needs (crying); stop crying; find new maladaptive behaviors or isolation to try to meet needs

**HPA (Body/Nervous System)-** Heart rate, muscle tension, digestion, immune system in constant state of stress, tension, anxiety; inability to regulate yourself, small window of tolerance for additional stress

**Brain Chemistry-** Constant flood of excitatory/stress neurotransmitters; unable to access cortex and higher functioning parts of brain