

Here are some examples of our attachment needs in action. Please feel free to add your ideas and thoughts to make it your own.

## **Need**

lack of connection and emotional attunement

lack of purpose

"who am I?"  
sense of self

low self-esteem

not belonging to a group

no personal power

unsafe

chaos, unable to predict

basic physical, emotional, social needs are unmet or unstable

## **Drive**

### **fight or flight freeze or fawn**

our psychological survival tactics are activated

If we have trauma in our childhood, we typically amass a set of survival tactics that were useful at that time.

However, they become maladaptive when they consistently prevent healthy, adaptive actions from being taken

## **Response**

### **adaptive action**

we take action to survive that is adaptive and meets the goal authentically

### **maladaptive action**

quick fix that is temporary and keeps us stuck in a loop

Examples:  
emotional eating,  
shopaholic,  
workaholic,  
avoidance,  
substance abuse

## **Goal**

be safe

be yourself

trust yourself

autonomy,  
purpose, value

value yourself  
and be valued by others

be loved and feel  
loved and included

self-regulate and  
have basic needs  
met on a  
permanent,  
authentic basis