

ATTACHMENT

Today's Idea: Why Time Alone Isn't Enough

Stability helps, but attachment changes through relational experiences.

What I Notice

- Even with time, my child still struggles with _____

- This shows up during _____

What This Might Be About

- If time alone hasn't shifted this, my child may still need _____

- This could reflect unmet experiences of _____

What Comes Up for Me

- When progress feels slow, I notice I feel _____

- I sometimes compare our situation to _____

Gentle Reframe

"Healing happens through repeated relational experiences, not a timeline."

Final Reflection

- One relational moment I want to value more is _____
