

ATTACHMENT

Today's Idea: How Attachment Changes Behavior

As safety increases, behavior often changes slowly and unevenly.

What I Notice

- Small changes I've noticed in my child include _____

- These changes show up most when _____

What This Might Be About

- If safety is growing, my child may be _____

- This suggests that _____

What Comes Up for Me

- When change is uneven, I notice I feel _____

- I sometimes worry that _____

Gentle Reframe

"Safety comes first. Behavior follows."

Final Reflection

- One sign of growth I want to hold onto is _____
