

ATTACHMENT

Today's Idea: Why Closeness Can Feel Hard

Pulling away from closeness can be a form of self-protection.

What I Notice

- My child pulls away or resists closeness when _____

- This often looks like _____

What This Might Be About

- If closeness feels risky, my child might be protecting themselves from _____

- Past experiences may have taught them that closeness _____

What Comes Up for Me

- When my child rejects closeness, I feel _____

- A thought I often have is _____

Gentle Reframe

"Avoiding closeness can be a protective strategy, not rejection."

Final Reflection

- One question I can ask myself in these moments is _____
