

## 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 \_\_\_\_\_

\_\_\_\_\_