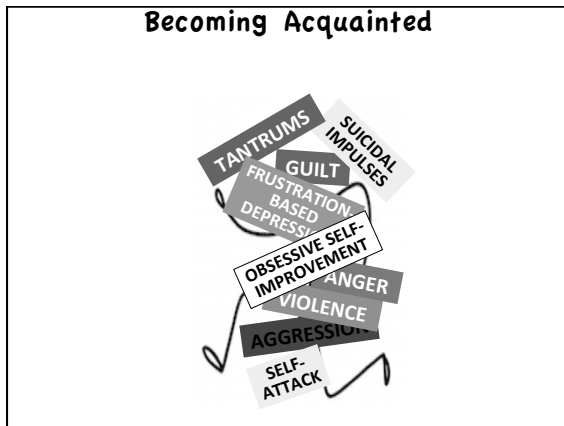
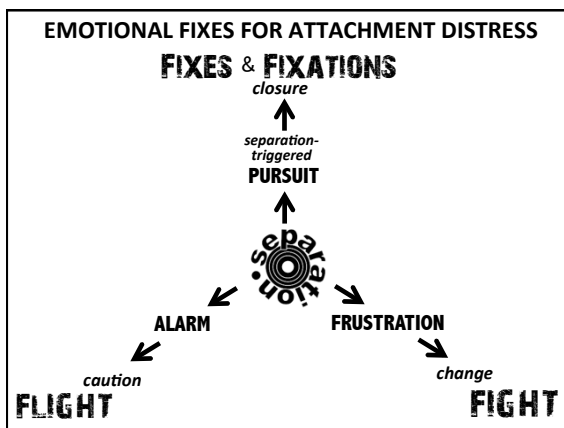


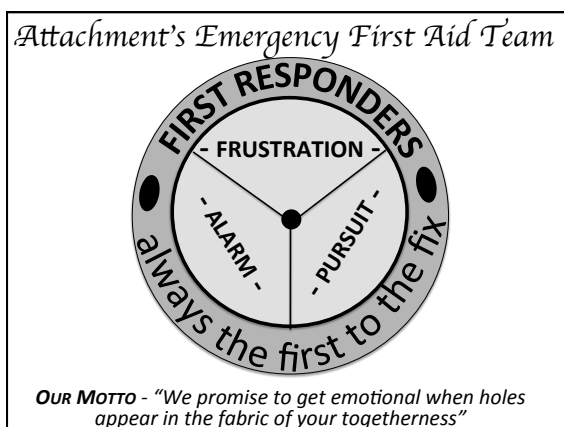
Becoming Acquainted

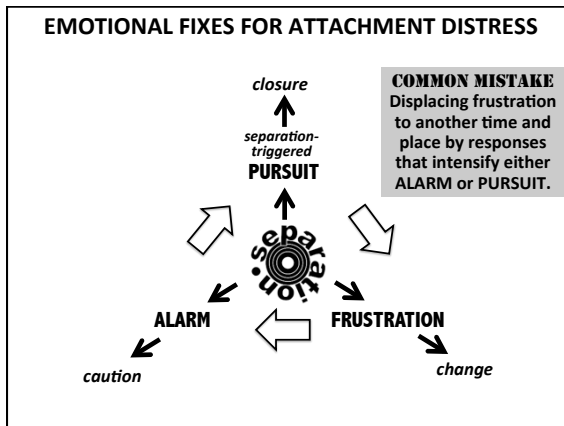
- is one of Nature's most powerful and primordial instruments of **CARE**
- comes into existence when *things aren't working*, and sticks around seeking for resolution of some kind
- serves **ATTACHMENT** first and foremost as attachment is what most needs to work
- has a **MIND** of its **OWN**, bent on *effecting change* when sensing dissatisfaction, but not at all inclined to consult with higher mental processes

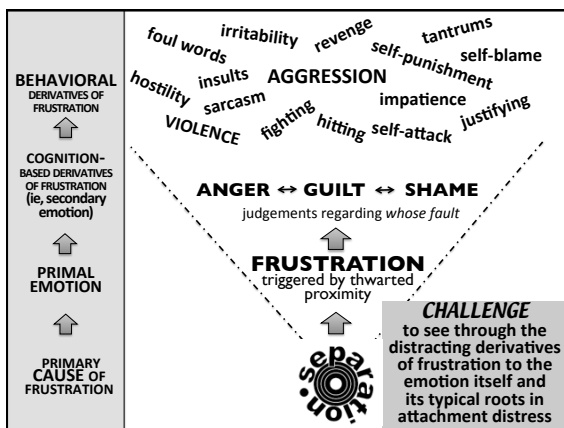
- is **BLIND** and **IMPULSIVE** if not felt, which can be most (if not all) of the time
- is typically perceived as a **NEGATIVE** and unnecessary emotion and therefore not always invited to exist
- is routinely **VILLIFIED** for the way it expresses itself when its purposes are thwarted
- has many and diverse **OFFSPRING** involving cognition & behaviour, which often tend to camouflage its existence



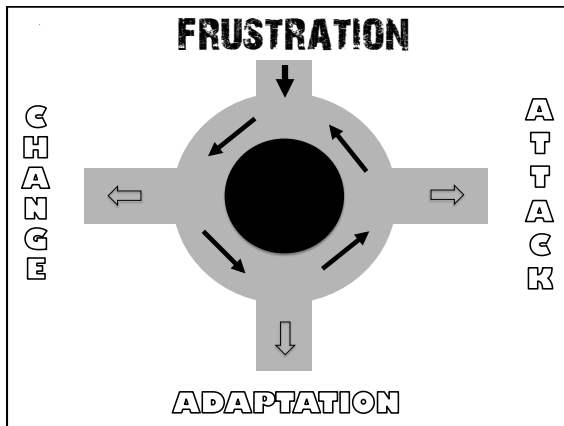


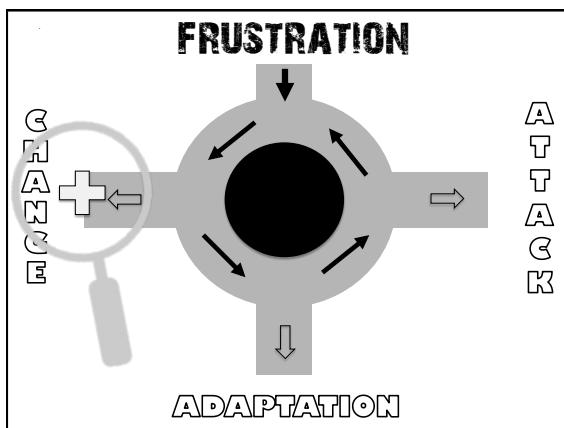


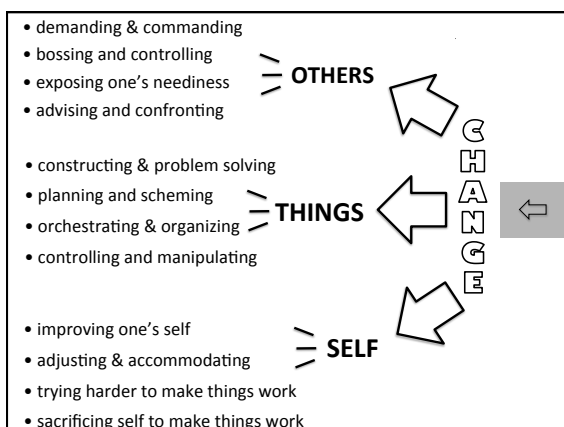


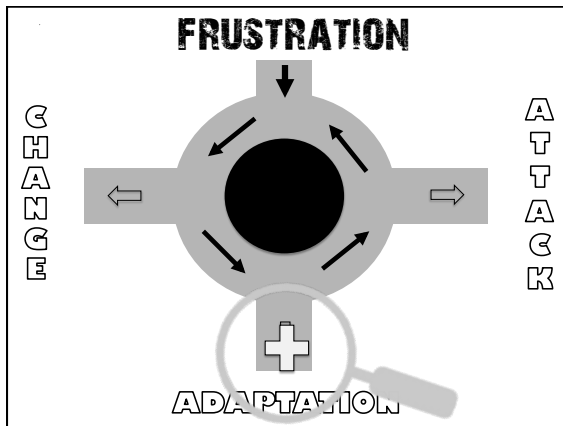


ANGER	FRUSTRATION
- experienced only by humans	- experienced by all mammals
- triggered by perceived injustice	- evoked by something not working
- a SECONDARY emotion involving cognition and consciousness	- a PRIMAL emotion that can exist without thinking or feeling
- triggers impulses to assign blame and seek justice (eg, get even, exact revenge, seek an apology)	- triggers impulses to effect change, and if thwarted in this work and the futility not felt, in attacking energy and impulses
- focusing on anger including confronting it, interferes with resolving underlying frustration	- focusing on frustration, even if anger exists, best sets the stage for healthy resolution
Anger eclipses and camouflages frustration and distracts from its resolution	









- holding on to good experiences
- altering time or reality or the past
- altering circumstances or another's character or decisions
- keeping bad things from happening, including loss and dying
- defying the laws of nature

An hourglass with the top bulb labeled "Encounters with futility" and the bottom bulb labeled "feelings of futility". Three teardrop shapes are falling from the bottom bulb.

- getting one's way all the time
- keeping siblings from being born or sending them back
- choosing one's parents or keeping them together
- making things work that won't
- altering the 'givens'
- avoiding upset

for spontaneous transformation to happen, futility has to be truly FELT, not just known

The Singular Work of Sadness

- **RELIEF** from the emotional pressure of stuck & stale frustration
- emotional **RESET** and **RENEWAL** as frustration is **RESOLVED**
- emotional **REST** from futile work, rendering discipline effective and enabling healing and letting go

An hourglass with the top bulb labeled "Encounters with futility" and the bottom bulb labeled "feelings of futility". Three teardrop shapes are falling from the bottom bulb.

- **RECOVERY** of the capacity for fulfillment and happiness as well as the spontaneous realization of potential
- develops **RESILIENCE** as strength results from facing and feeling futility
- **RESTORES** hope and perspective

drives the transforming process of ADAPTATION

Attachment's Emergency First Aid Team



OUR MOTTO - "We promise to get emotional when holes appear in the fabric of your togetherness"

"We also promise to hang around until futility is felt"

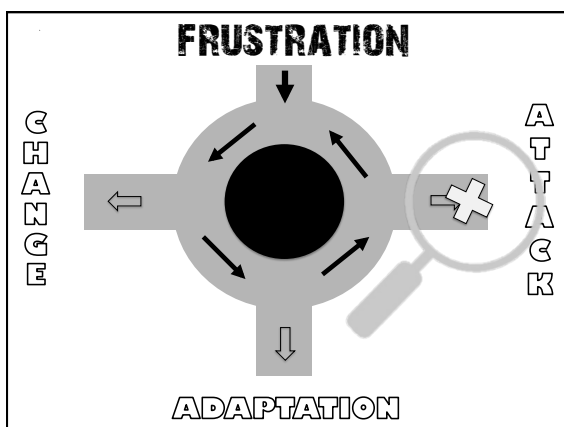
The Work & Wisdom of Frustration

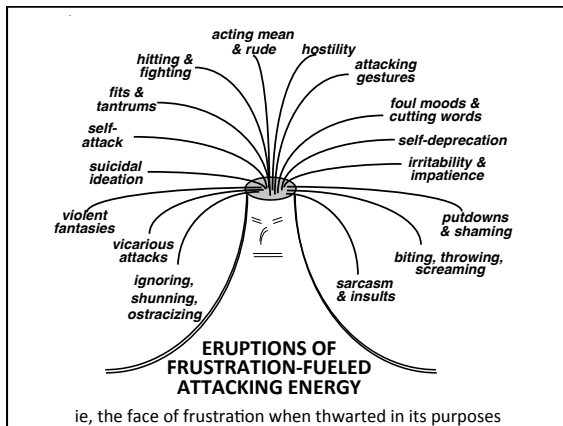
- how Nature ensures our ongoing personal **EVOLUTION**, developing us as agents of change and transforming us when that change is not possible, thus continually moving us towards a more satisfying state of being
- how Nature takes **CARE** of us, regardless of the situation or circumstances we are born to, and regardless of what happens along the way
- could be considered the core work of **THERAPY**, that is, to facilitate the work of frustration

moved to **make things WORK**

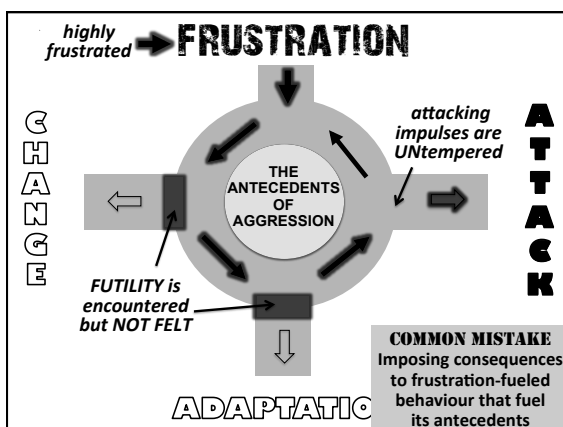
FRUSTRATION

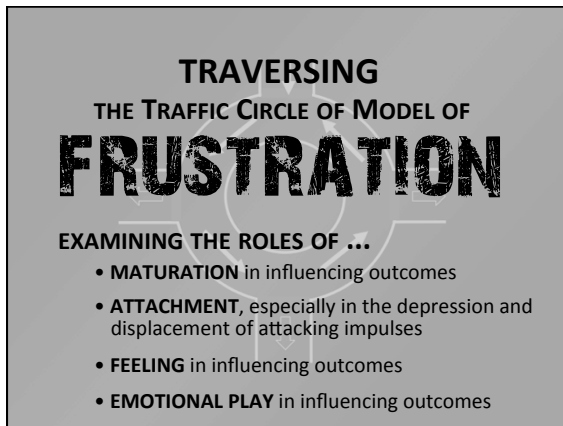
or to **REST** from futile endeavours and be **CHANGED** instead

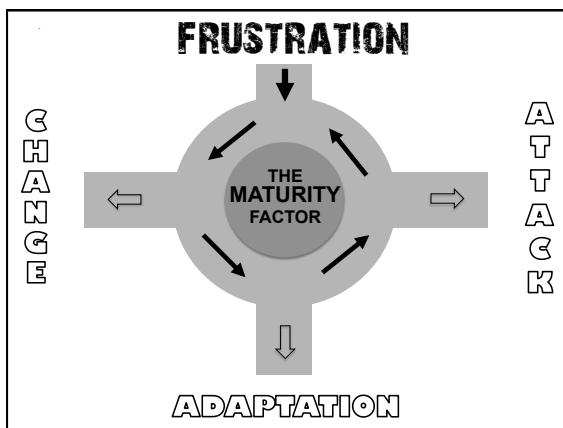


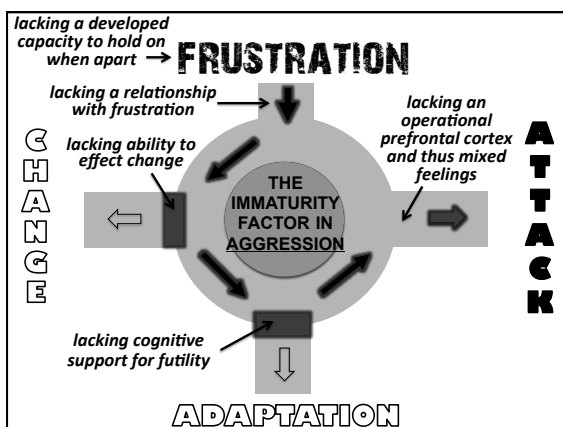


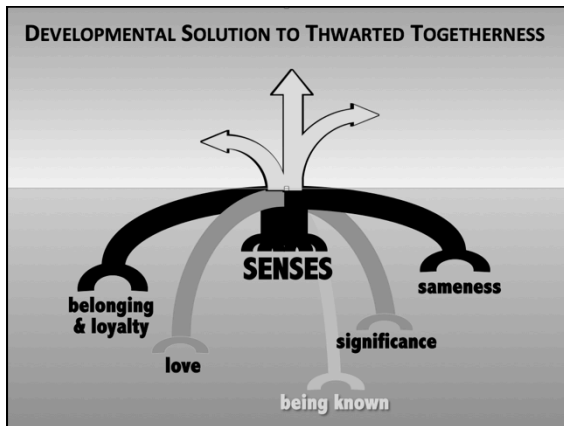
Self-harm	SELF-ATTACK
<ul style="list-style-type: none"> - a messy construct that interferes with insight as to its varied emotional roots - most of what is referred to as self-harm (ie, burning, cutting, hair-pulling) is rooted in being so defended against the primal emotion of alarm that engaging in alarming behaviour evokes an adrenalin rush without any corresponding sense of vulnerability. This kind of self-harm can also evoke the body's defenses against pain. 	<ul style="list-style-type: none"> - if frustration-fueled, results from attacking impulses that have been displaced to the self - self-attack can take many forms – self-derision, self-hatred, self-deprecation, self-negating, self-hitting, AND also includes most suicidal ideation and impulses - some other motivations for suicide are PURSUIT (eg, to join a loved one, increase one's status), ALARM (pre-empt a terrifying scenario), or as a DEFENSE against an unbearable experience
<p>The current construct of self-harm tends to eclipse and camouflage its varied emotional roots in alarm, frustration and pursuit</p>	

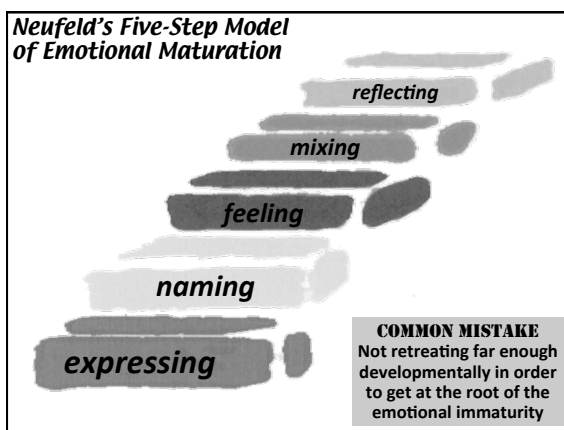


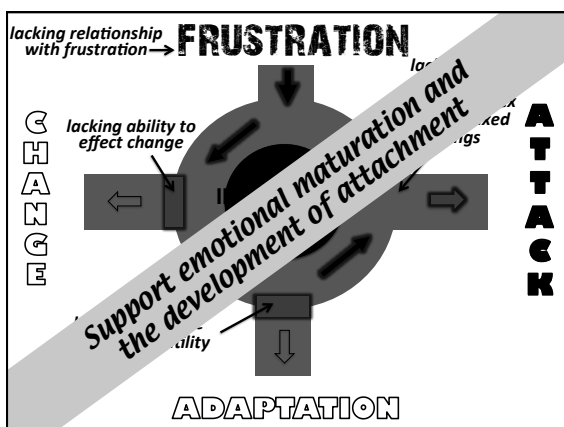


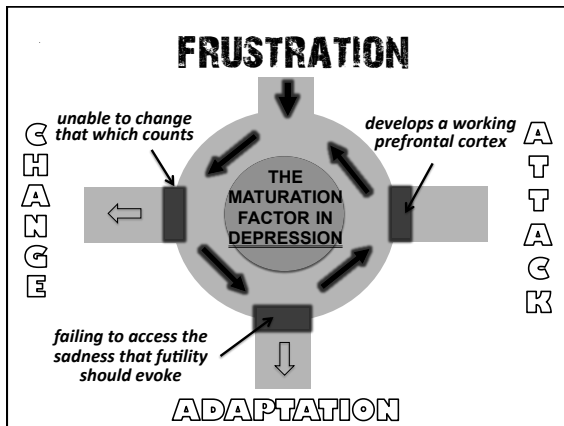


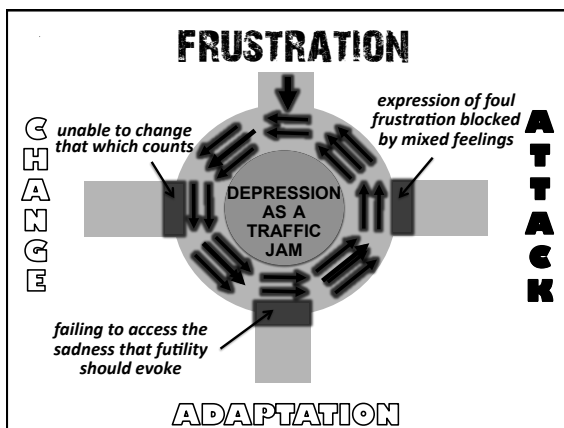


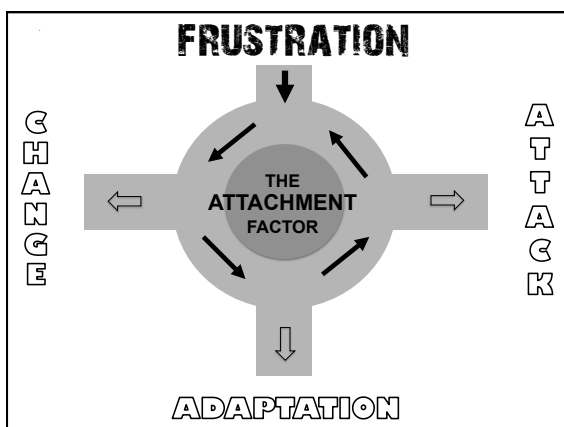


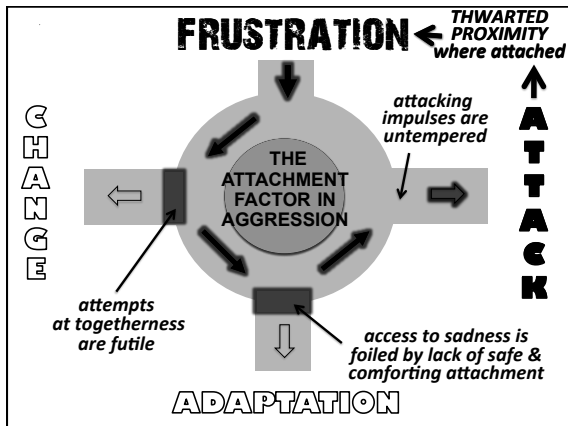


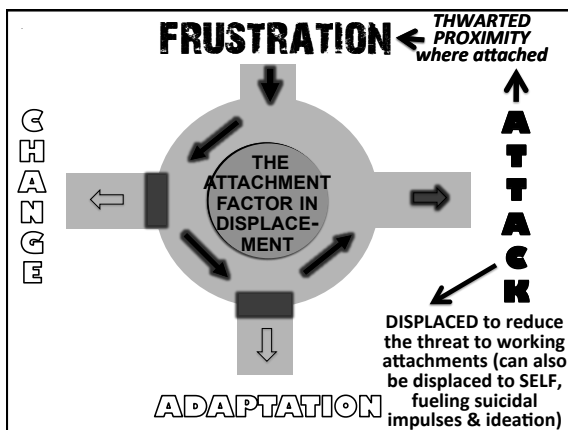


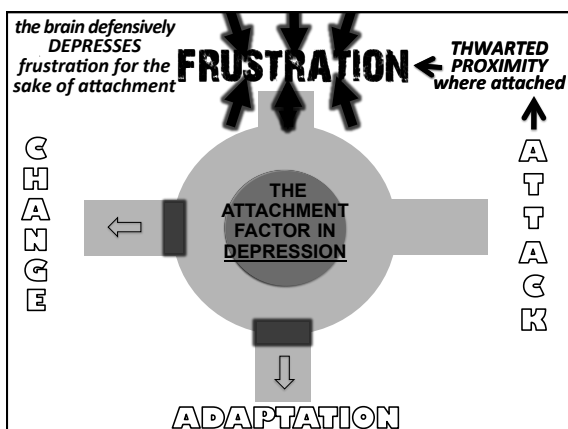


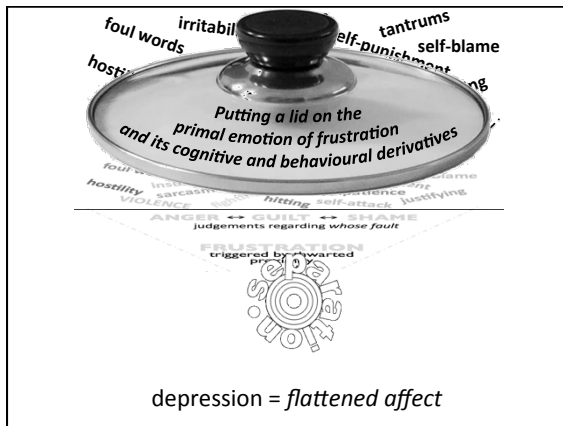








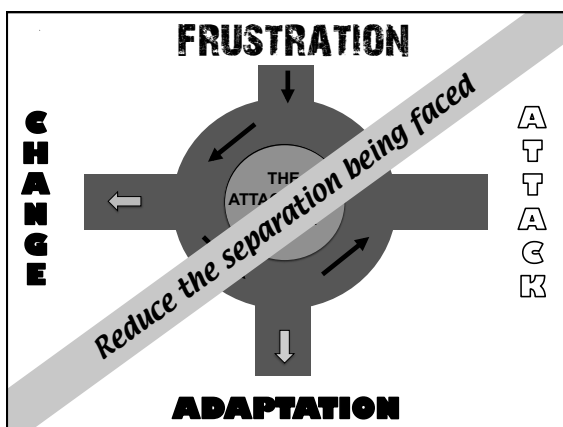


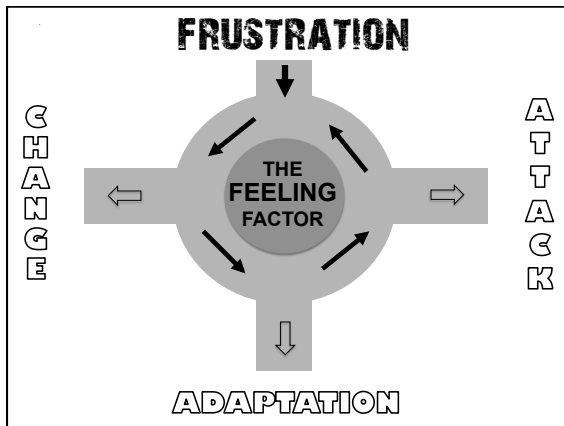


The Wisdom of Depression

Although inherently biased to express ourselves, when this expression threatens attachment the human brain is wisely programmed to sacrifice emotional expression for the sake of togetherness.

This core internal defense results in the brain being divided against itself and comes at a great cost to energy and functioning.



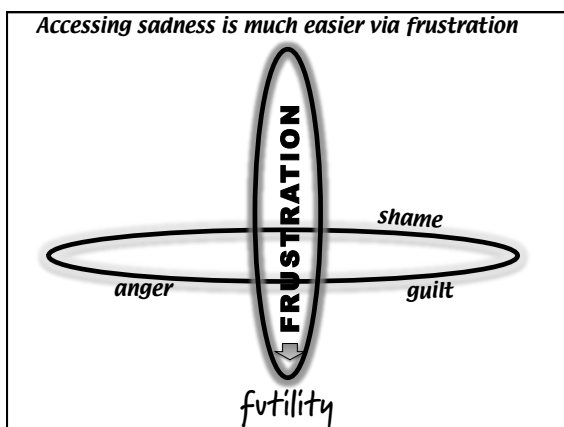


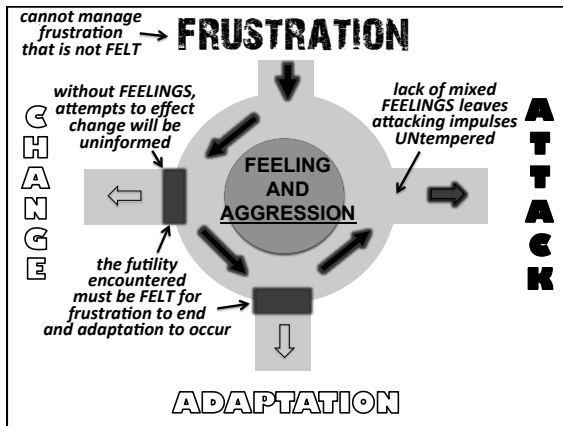
Giving the Brain the Feedback it Needs

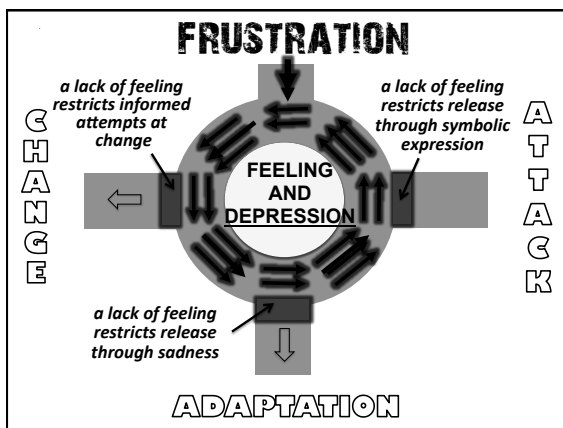
To facilitate the work of frustration, scenarios must end in one of two feelings - flip sides of the same emotional coin & derived from the same Latin word 'sate' meaning 'enough' or 'turning point'.

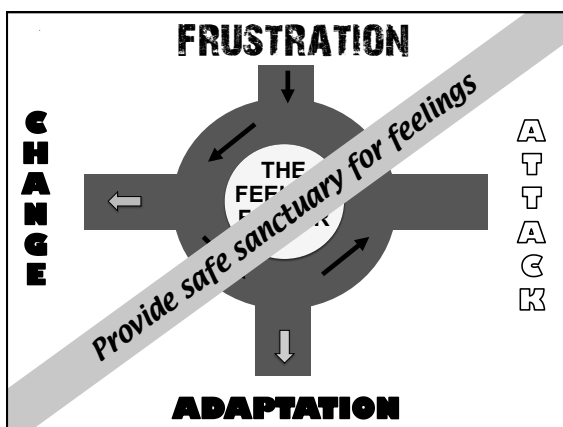
The image shows two coins. The left coin has 'sadness' written around a sad face. The right coin has 'satisfaction' written around a happy face.

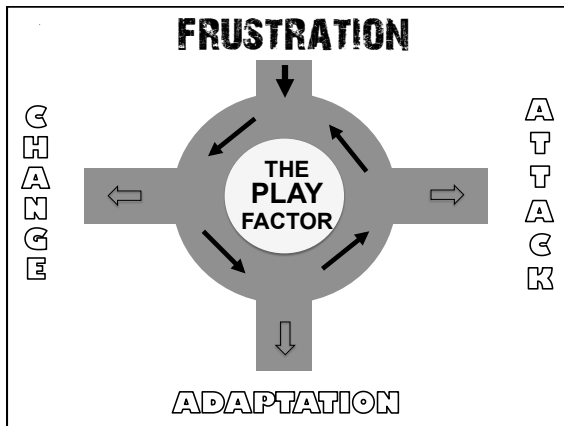
Today's society lacks the wisdom to take scenarios to their emotional endpoints, believing instead in the 'mind' as the answer.

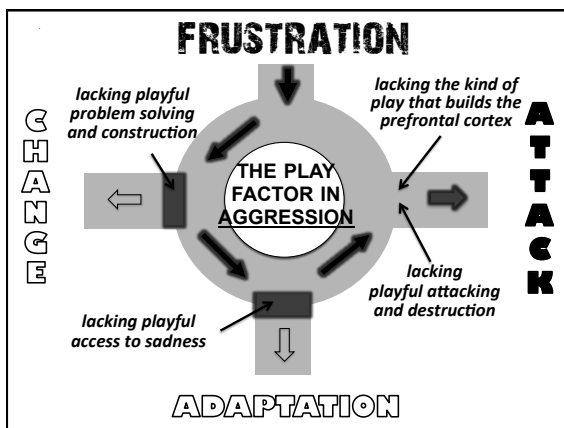


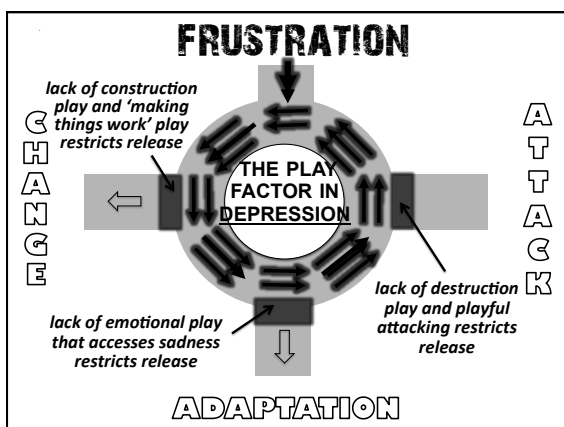


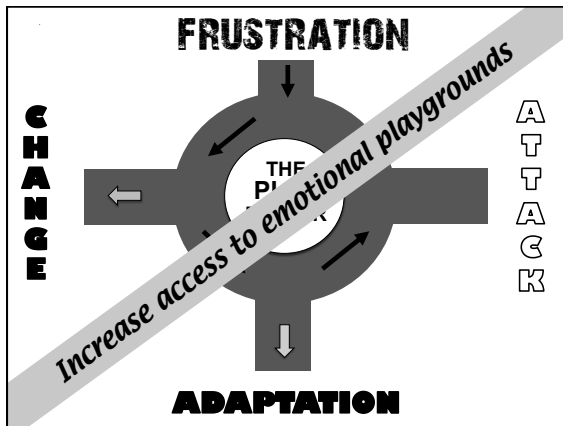








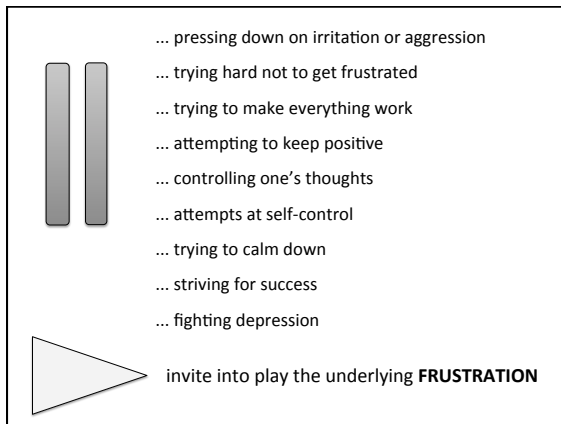


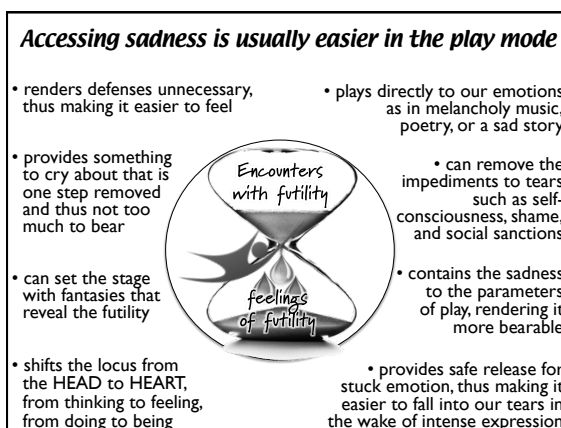


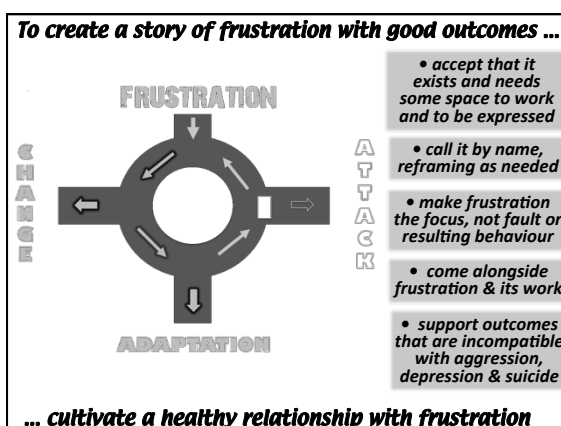


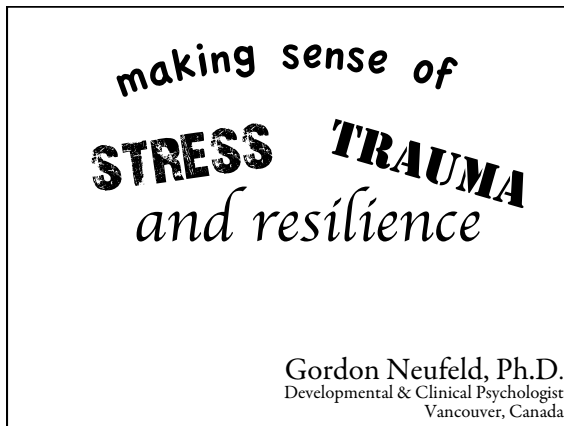
Inviting *FRUSTRATION* to PLAY

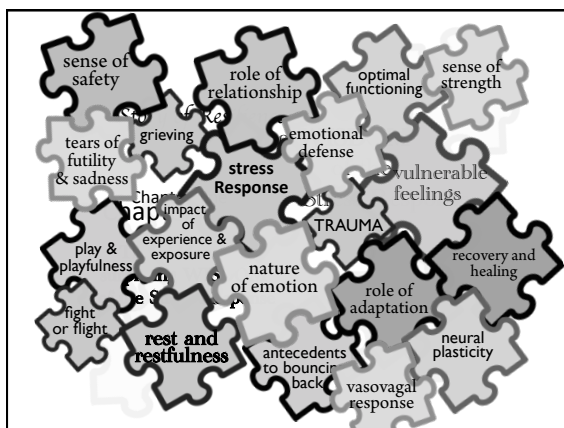
<p> frustration-fuelled energy and impulses to make things or to make things work</p> <ul style="list-style-type: none"> • constructing and crafts • organizing and orchestrating • designing and engineering • developing models, sets and scenarios 	<p> frustration-fuelled energy and impulses to attack or destroy</p> <ul style="list-style-type: none"> • destroying & demolishing in play • play fighting & mock aggression • hitting and throwing in play • kicking and screaming in play • war games, attacking games • sword play, insult games • playful sarcasm and wit • attacking energy in stories, art, music, dance and writing
---	--

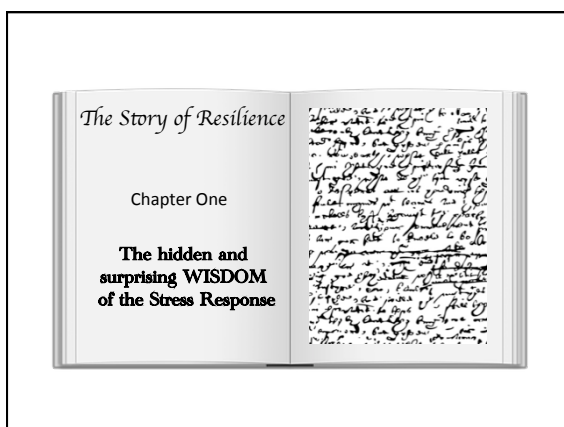


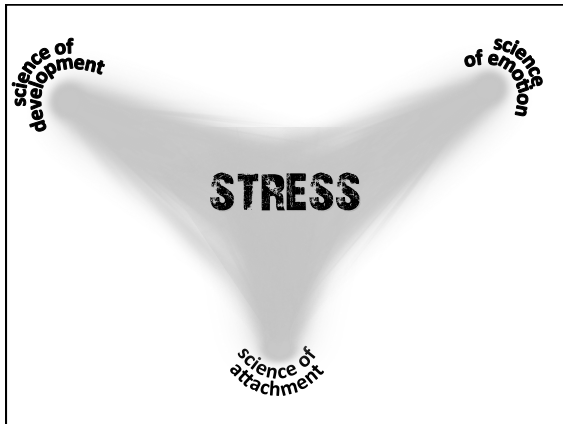






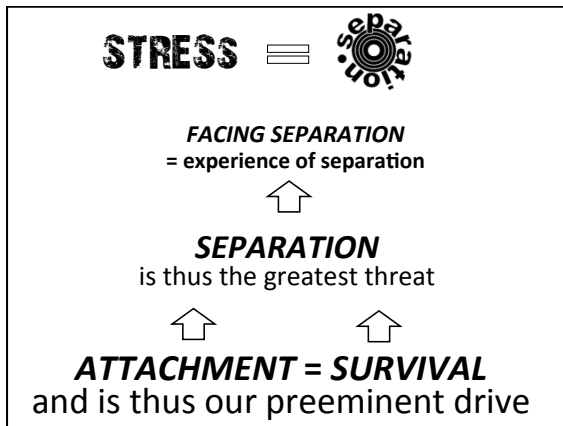




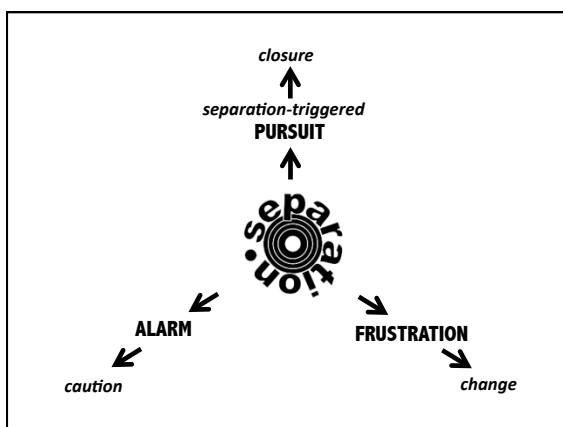


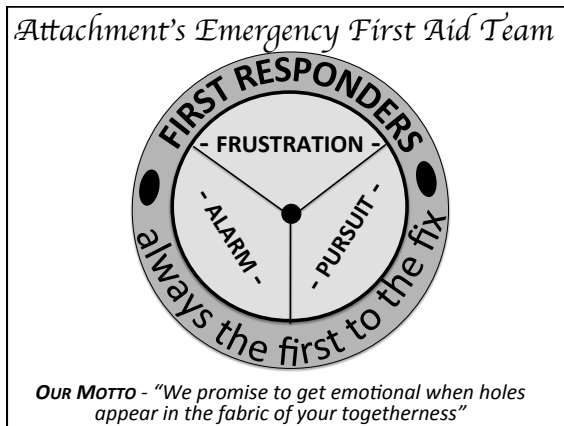


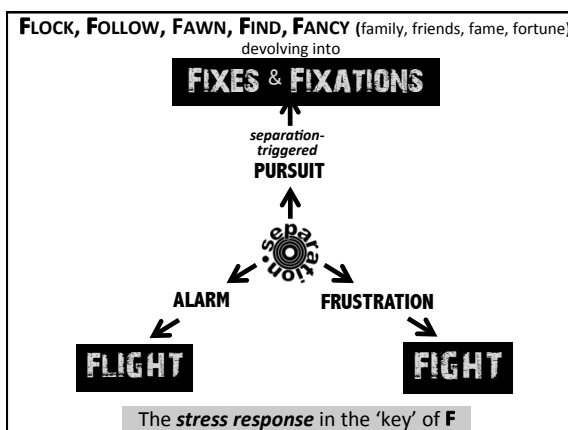


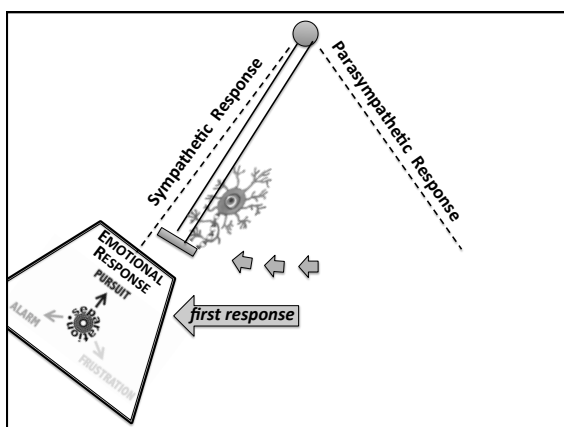


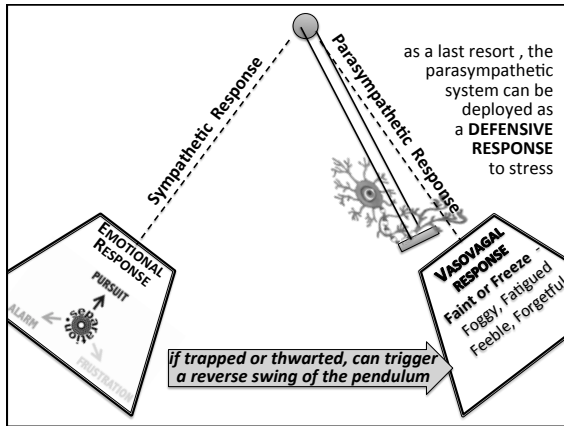












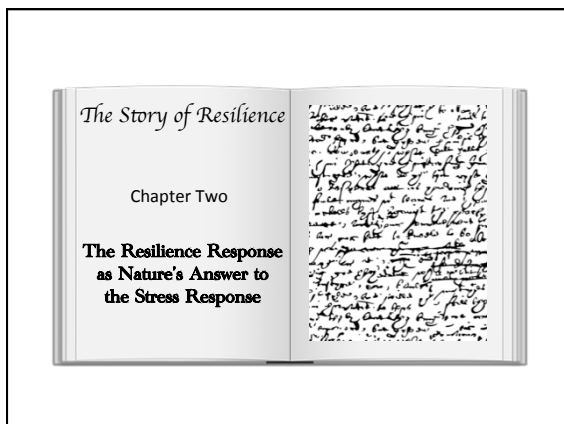
THE STRESS RESPONSE

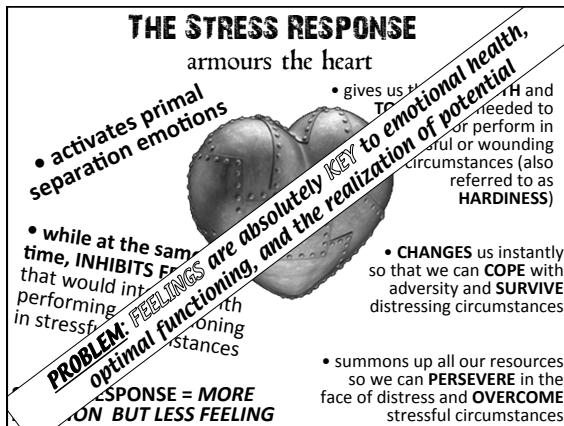
armours the heart

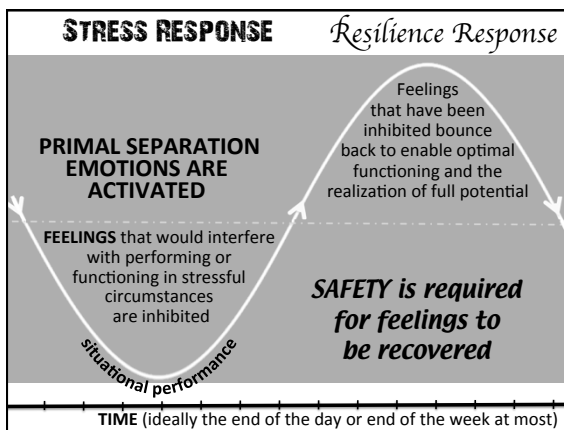
- gives us the **STRENGTH** and **TOUGHNESS** needed to function or perform in stressful or wounding circumstances (also referred to as **HARDINESS**)
- **CHANGES** us instantly so that we can **COPE** with adversity and **SURVIVE** distressing circumstances
- summons up all our resources so we can **PERSEVERE** in the face of distress and **OVERCOME** stressful circumstances

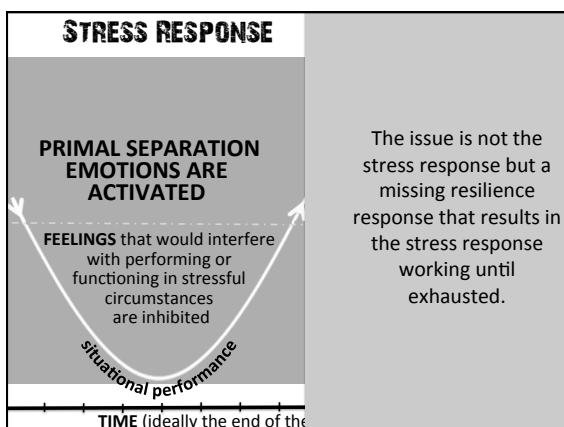
- activates primal separation emotions
- while at the same time, **INHIBITS FEELINGS** that would interfere with performing or functioning in stressful circumstances

STRESS RESPONSE = MORE EMOTION BUT LESS FEELING









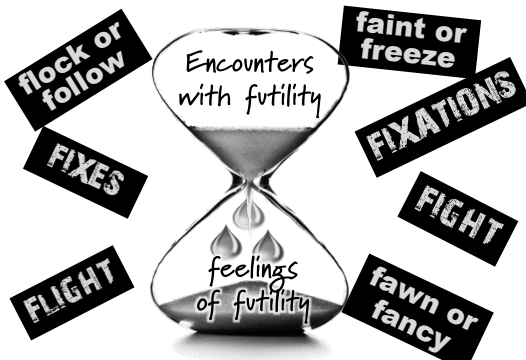
Attachment's Emergency First Aid Team




OUR MOTTO - "We promise to get emotional when holes appear in the fabric of your togetherness"

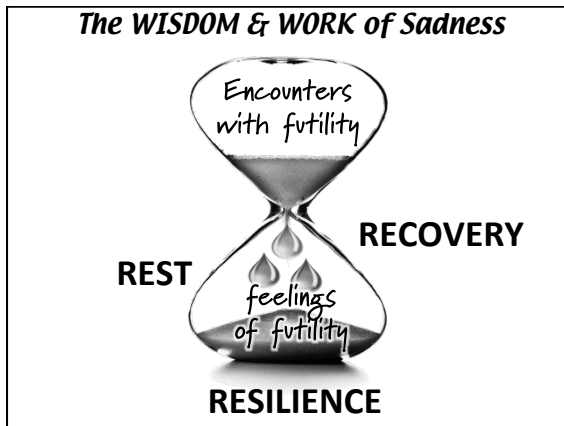
"We also promise to hang around until futility is felt"

What is missing in the stress response?

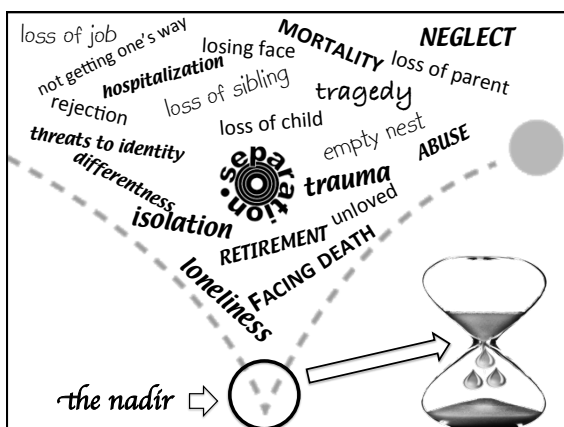


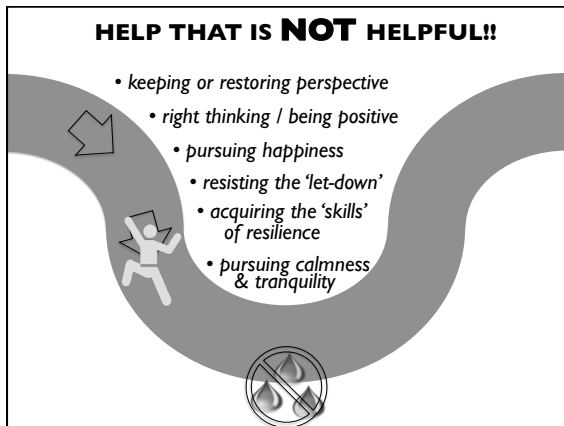


When the fixes are futile, they need to be **FELT** as such.



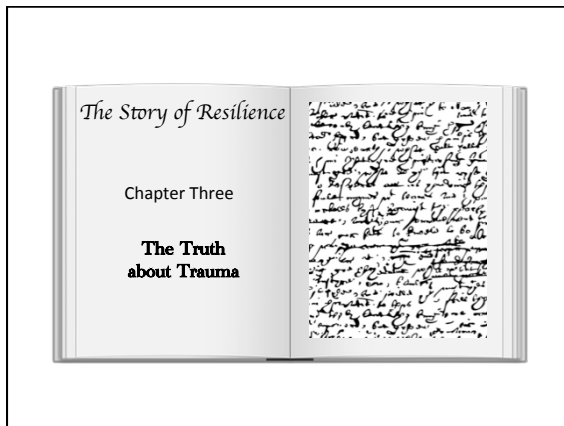






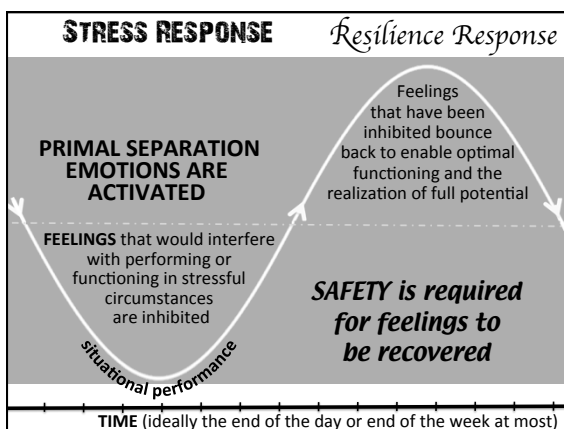
<u>Strength of DEFENSE</u> - meant to be situational -	VS	<u>Strength of BECOMING</u> - meant to be characteristic -
found needed strength	⇔ OVERCAME	⇔ potential still unfolding
persisted despite distress	⇔ PERSEVERED	⇔ growth force persists
came through distress seemingly 'unscathed'	⇔ SURVIVED	⇔ heart was mended and spirits were revived
changed to withstand or cope with adverse or distressing conditions	⇔ RESILIENT	⇔ feelings recover quickly after times of stress
	⇔ ADAPTIVE	⇔ transformed from inside out by adversity
can function or perform in highly stressful or wounding circumstances	⇔ HARDY	⇔ doesn't need to be sheltered from stress to preserve growth potential

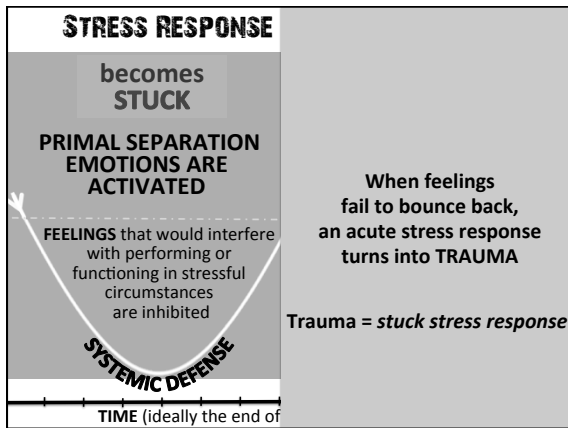
<u>Strength of DEFENSE</u> - meant to be situational -	VS	<u>Strength of BECOMING</u> - meant to be characteristic -
found needed strength	⇔ OVERCAME	⇔ potential still unfolding
persisted despite distress	⇔ PERSEVERED	⇔ growth force persists
came through distress seemingly 'unscathed'	⇔ SURVIVED	⇔ heart was mended and spirits were revived
changed to withstand or cope with adverse or distressing conditions	⇔ RESILIENT	⇔ feelings recover quickly after times of stress
	⇔ ADAPTIVE	⇔ transformed from inside out by adversity
can function or perform in highly stressful or wounding circumstances	⇔ HARDY	⇔ doesn't need to be sheltered from stress to preserve growth potential

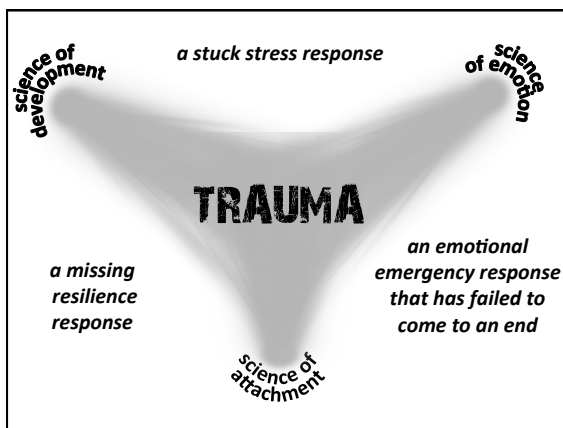


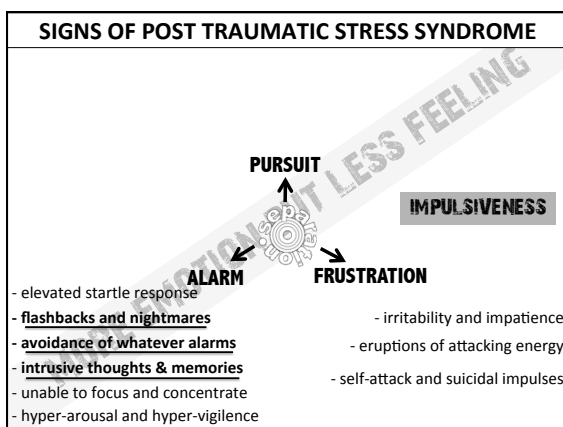
The truth about trauma
is that is NOT in the nature of an event,
no matter how distressing the event may be.

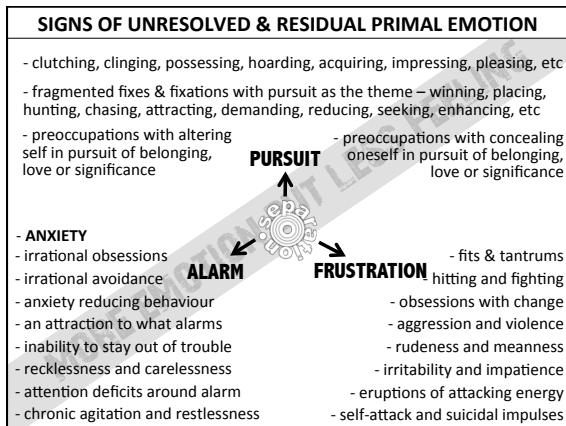
Trauma is not what happens TO us,
but what fails to happen IN us
as a response.

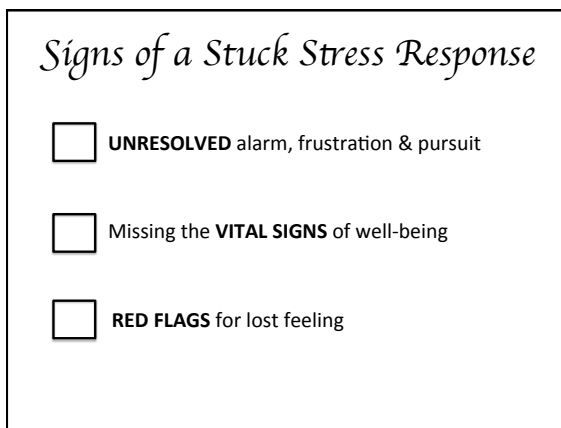


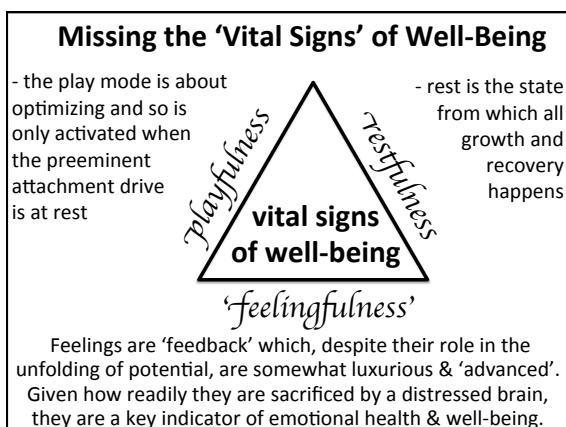












FEELINGS MORE LIKELY TO BE DEFENSIVELY INHIBITED

- ☐ feelings of **MISSING**
(longing, loss, emptiness, loneliness, lack of invitation)
- ☐ feeling **RESPONSIBLE**
(sorry, remorseful, guilty about, bad about, responsible for)
- ☐ feelings of **CARING**
(caring for, caring about, love, compassion)
- ☐ feelings of (fulfilled) **DEPENDENCE**
(needy, vulnerable, cared for, satiated by, trusting in)
- ☐ feelings of **FUTILITY**
(sadness, disappointment, grief, melancholy, sorrow)
- ☐ feelings of **ALARM**
(unsafe, nervous, apprehensive, cautious, concerned, careful)

As a result ... ☐ feeling **CONFLICTED**

RED FLAGS for LOST FEELING

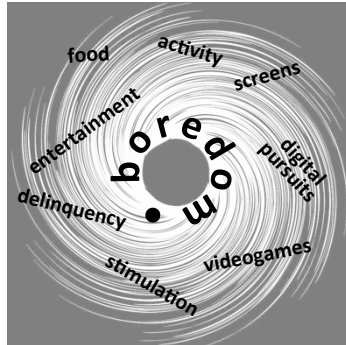
- 🚩 **NO RECOVERY** of lost feelings over time
- 🚩 **FUTILITY** is not felt (the 'canary' of emotional distress)
- 🚩 a proneness to **BOREDOM**

What BOREDOM is about

When the 'holes' in togetherness
are **NOT** sufficiently **FELT**,
it is experienced as **BOREDOM**.

Boredom—a natural barometer for deficits of feeling

- can't feel the true nature or shape of the hole that exists within -



EARLY SIGNS OF A STUCK STRESS RESPONSE

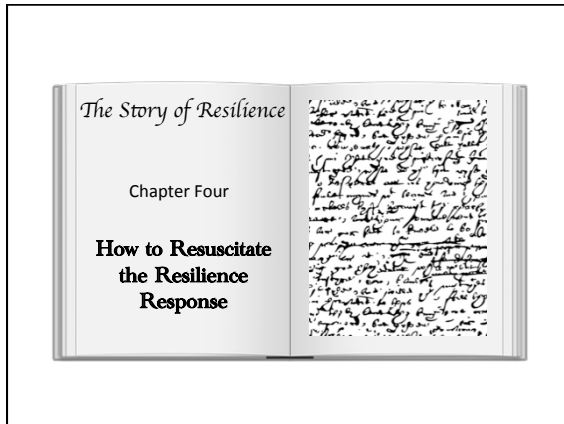
- ☐ no longer talks about what distresses or hurt feelings
- ☐ no longer feels unsafe or alarmed
- ☐ no longer reads rejection or feels its sting
- ☐ no longer given to sadness and disappointment
- ☐ no longer feels as needy, empty, lonely or dependent
- ☐ no longer is as visibly affected by loss and lack
- ☐ better able to function or perform under duress

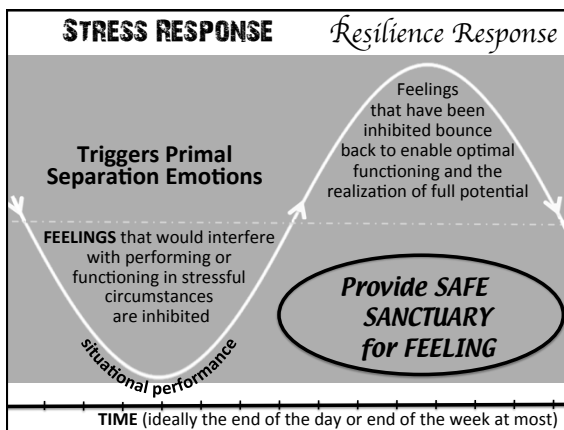
RED FLAGS for LOST FEELING

- 🚩 **NO RECOVERY** of lost feelings over time
- 🚩 **FUTILITY** is not felt (the 'canary' of emotional distress)
- 🚩 a proneness to **BOREDOM**

ADDITIONAL RED FLAGS

- 🚩 a diminished sensorium (especially pain & bladder pressure for youngsters and even youth)
- 🚩 a urgent and persistent flight from feeling
- 🚩 flattened affect (per 'classical' definition of depression)





SAFETY

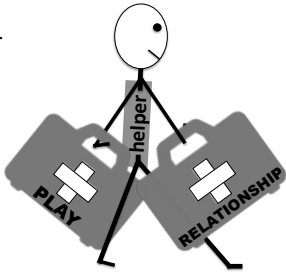
It is NOT the existence of SAFETY that is required for feelings to return but rather the experience of safety that is conducive to feeling.

TWO SAFE SANCTUARIES for FEELING

- **SAFE RELATIONSHIP** - when **CLOSE** to a person **ATTACHED** to in a trusting **DEPENDENT** mode
- when in the **PLAY MODE** and in particular **when emotions are at play**

Resuscitating the Resilience Response
- applying relational and emotional first-aid -

Where the helper can be ANYONE but preferably a caring adult to whom the child or adult is attached or will attach




- parent
- grandparent
- relative
- teacher
- coach
- expert
- counsellor
- therapist
- caregiver
- case worker
- volunteer

- helping the troubled OR helping in troubled times -
helping the traumatized to get unstuck

Relational First Aid & Treatment

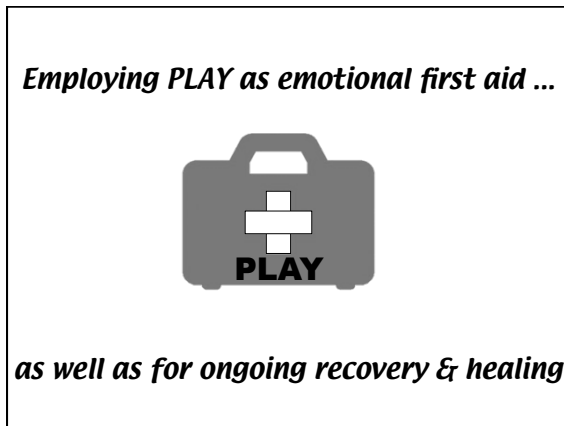
- convey a strong caring **ALPHA PRESENCE**
- **BRIDGE** separations with other forms of connection
- **COLLECT** to engage and invite dependence
- **BRIDGE** troubling symptoms with connection
- **COME ALONGSIDE** emotional experience
- **NURTURE** (including food) in the context of connection
- support **EXISTING ATTACHMENTS** with caring adults
- matchmake to embed in **CASCADING CARE** and shielding attachments
- ritualize some **SAFE SPACES** for feelings to bounce back

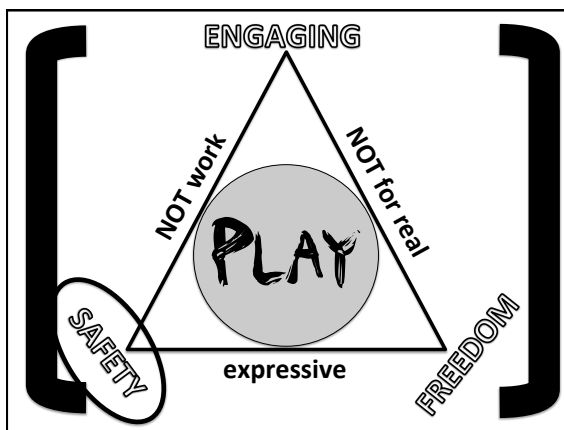


Through the other's attachment to us, we can BE their ANSWER even when there are no answers:

- **BE** their **HOME**
- **BE** their place of **REST**
- **BE** their sanctuary of **SAFETY**
- **BE** their **SHIELD** in a wounding world
- **BE** their **REASON** for holding on

The answer is in **BEING** - not in **DOING** or **SAYING** or **KNOWING** the right things – when empowered by the other's attachment to us.







Harness the Healing Power of Play

- to safely engage and **DISTRACT** in alarming situations
- to give the brain a chance to **REST** and **RECOVER**
- to provide for **SAFE EXPRESSION** of primal emotion
- to **LIGHTEN** the emotional load
- to aid the **RECOVERY** of feelings so that the stress response does not get stuck
- to set the stage to access healing **SADNESS** when emotionally ready

When drawing the child into play, we are transferring the child into the arms of NATURE so it can gently and wisely take care of the child

Emotions are not at work, so the inhibition of feelings is reversed

Play is safe so feelings won't get hurt

Emotions are freer to move and so more likely to be felt and identified

Emotions are easier to feel when one step removed from real life

Words or their lack, do not get in the way

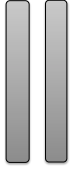
Feelings of futility are much easier to access

Emotional playgrounds help in the recovery of feelings

Suggestions for Harnessing Play

- engage in play by giving play signals, like a bit of silliness, singing, wearing a playful cape
- playfully engage in games, puzzles, stories, music, movement, drama, theatre, etc
- provide materials to draw, paint, construct, make crafts, make music, priming the activity where necessary
- engage in the cultural play, ie, the dances, music, art of their culture of origin
- take turns telling made-up stories, so their emotions can drive something other than nightmares
- sing or hum lullaby-type songs if possible, to harness their emotional and connective power
- engage in playful connection, providing brief experiences of contact and togetherness that are able to disarm

PRESS PAUSE



... in our pursuit of happiness

... in avoiding negative thoughts

... in attempting not to be upset

... in trying to stay in perspective

... in attempting to stay optimistic


... in trying to cheer each other up

... in putting limits on grief and sorrow

... in denying that the glass is half empty

... in trying to change the Eeyores into Tiggers

& PLAY



into the **SADNESS** whose task it is to facilitate needed endings, strengthen as required, and deliver us back to what happiness exists

