

Chapter 25

A Dip Your Toe In Attachment Figure Resource

The Dip Your Toe In attachment figure resource is a slight modification to the standard attachment figure script in an earlier chapter. If the client struggles using the attachment script, a way to try the resource on is to develop the attachment resource for a kid who is not you when you were young. It can be for a random kid in a park or a child in the client's apartment complex. It is important that the resource not be developed for one of the children of the client (since that may bring up complicated parenting issues). Developing this figure for a child who is not the client helps get around some of the initial self-hatred and blame that automatically appears when many adults with complex trauma think of themselves as children.

Because I anticipate that there will be challenges in developing this Dip Your Toe In attachment figure, do not add slow BLS as indicated in the script in the prior chapter. Slow BLS can be added when the client is closer to the processing phases (which will likely be many sessions away).

If the client is able to develop an attachment figure resource for a child who is not himself, it may be easier for the client to develop one later that is himself. Once the resource for a child who is not the client is installed in the nervous system, we may ask: "If we were going to develop an attachment resource for you, which qualities feel most tolerable to borrow from that resource we developed for that kid who is not you?"