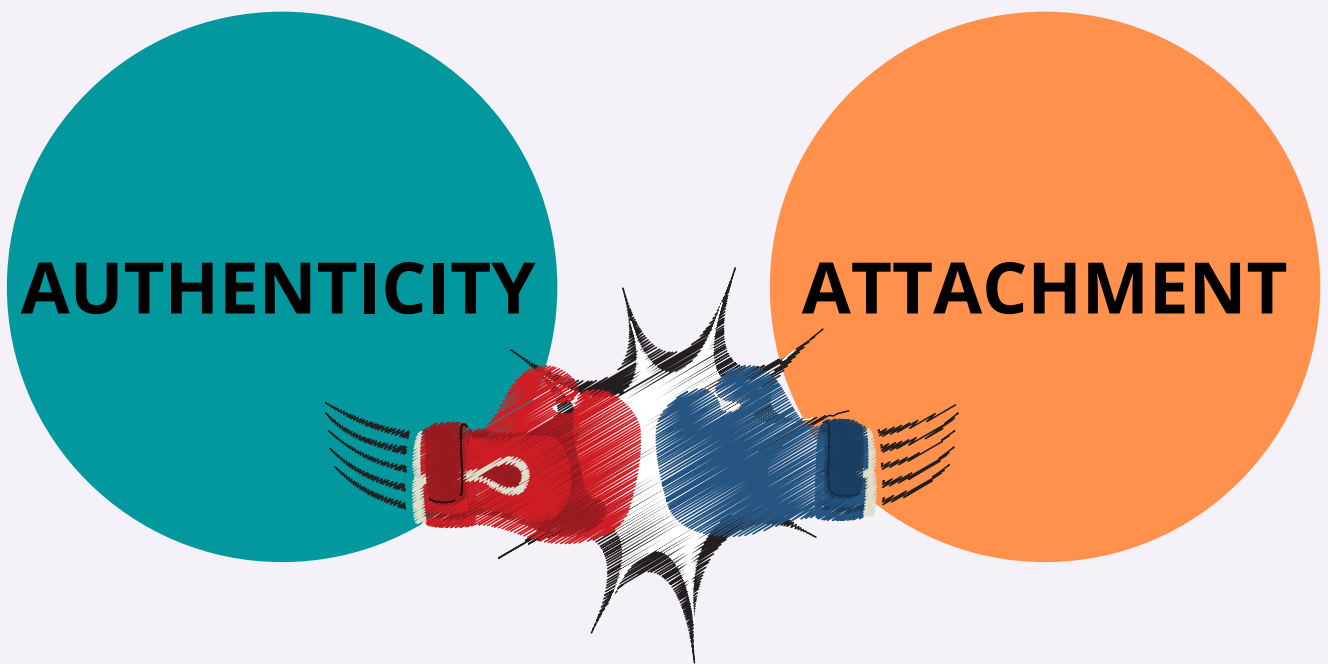


When AUTHENTICITY &  
ATTACHMENT can't coexist:



Unintentionally, at times we may be putting our children in a position to choose one or the other, when we don't allow space for both of these needs to take place at once.

Go to your  
room

until you stop  
crying!

Separation, feels  
unloved,  
disconnection

I must stop crying,  
I need to suppress  
this part of myself

Child feels that if they express their authentic self, their need for attachment is threatened. They see that their parent can't handle their authentic self.



When one feels threatened, the Amygdala activates the FIGHT/FLIGHT/FAWN/FREEZE responses.

Need to be  
**authentic:**  
Express emotions

&

Need for  
**attachment:**  
belonging, being in  
close proximity, to be  
loved & have connection



# When faced with conflict:

Chooses the need of authenticity over their need of attachment

- Narcissistic
- Bully

Trouble maker, black sheep, rebellious, disobedient

**Frequently punished**

## FIGHT

Creates safety with the use of **power/control** over the situation.

Gets away from the situation, avoids having to choose between 2 needs

- Obsessive/Compulsive (OCD)

## FLIGHT

Creates safety by **getting away** from the situation.

## FREEZE

Creates safety by **disassociating**, meaning we are physically present however mentally not present.

Disconnects, isn't capable of choosing authenticity or attachment

- Dissociative

## FAWN

Creates safety by **agreeing/pleasing** with the other person's demands.

Chooses the need of attachment over their need of authenticity

- Codependent

"good" child, quiet, compliant, obedient, mature

**Frequently rewarded & praised**