

Emotionally and Spiritually Healthy Asian Family

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Secure Attachment

Characteristics of how secure infants relate to their caregiver

- **Secure base** from which to explore
- **Seeks comfort** when hurt or in pain
- **Stays close** to attachment figure
- **Separation distress** when apart a long time

Relationships shape our view of ourselves and of others

- Am I lovable? Am I capable to get my needs met?
- Are others reliable and trustworthy?

Attachment Cycle

Attachment Style	Parental Response	Child Learns Child Feels	Child's perception of Needs	Child's perception of Expression
Secure	Responsive and sensitive to needs. Gives appropriately (with limits and boundaries). Offers comfort.	Feels loved, seen, important, safe, valued	My needs are valid and important	"It's ok to express myself and my needs" Aware of my feelings.
Avoidant	Unresponsive, dismissing, distant, disengaged. Does not offer comfort.	Learns to restrict expression of needs and emotions. Becomes independent, avoids closeness.	I have to take care of my own needs	Restricts emotions. Emotionally distant.
Ambivalent	Inconsistent and unpredictable. Critical and intrusive. Overly protective.	Anxious, Insecure, Angry	I'm not sure how to get my needs met	Doesn't speak up, or is demanding. Passive-aggressive.
Disorganized	Abusive or neglectful. Frightening, erratic, extreme behaviors.	Confused, Fearful, Aggressive	My needs are not important	Anger and aggression. Passivity.

Nurturing Secure Attachment with God

Stay close

- Live in His presence
- Lectio Divina

Separation minimization

- Quiet times
- Prayer of Examen

Seek comfort

- Praying the Psalms

Secure base from which to explore

- Significance from Christ's Acceptance, not Performance-Driven

Nurturing Secure Attachment

Stay Close

- Enjoy shared experiences together. Play together.
- Be verbally affirming vs. critical, comparing

Separation for long brings longing

- Allow room to be together and room to be apart, appropriate boundaries
- Allow child opportunities for decision-making vs. being controlling

Seek comfort

- Recognize emotions. Be curious to ask about their internal world.
- Provide emotional comfort vs. criticizing, shaming
- Be approachable vs. overreactive

Secure base to explore

- Recognize and nurture who God has made them to be vs. your own agenda

Book Recommendations

- "Attachments: Why You Love, Feel and Act the Way You Do" by Tim Clinton and Gary Sibcy
- "How We Love Our Kids: The 5 love Styles of Parenting – One Small Change in You...One Big Change in Your Kids" by Milan and Kay Yerkovich
- "Parenting From the Inside Out" How a Deeper Self-Understanding Can Help You Raise Children Who Thrive" by Daniel Siegel and Mary Hartzell