

THE STABLE (SECURE) ATTACHMENT STYLE*

The Way I Love, Feel, & Act	Why I Love, Feel, & Act this Way (Cause)	How the Way I Love, Feel, & Act Affects Me & Others (Consequences)	How I Can Change the Way I Love, Feel, & Act
<ul style="list-style-type: none"> • I am capable and worthy of getting the love and support that I need. • Others are willing and able to love me. • I can confidently express my ideas, opinions, and thoughts in a loving and thoughtful way without fear others may disagree with me. • I can confidently talk to other people when they come to me with problems, because I can recognize when their feelings are valid, based on reality, and they aren't trying to manipulate me. • I can make the necessary changes to create a healthy, vibrant relationship. • I believe that conflict is an opportunity for growth in a healthy, vibrant relationship. • I trust those I know, and I don't expect perfection. 	<ul style="list-style-type: none"> • As a child growing up, my family respected my thoughts, feelings, and opinions and I have learned to respect others in the same manner. • My parents loved, challenged, encouraged, and supported me. • My parents worked with me to solve problems and helped me to work through my fears and emotions. • My parents helped me to be self-aware, that is, to see what my contribution to a problem might be, to take responsibility for it, to learn from it, and to grow from it. • My parents, brother[s] and/or sister[s], and others are trustworthy and available to me in my time of need. • Through my family's words, actions, and deeds, they have shown me what a close, personal, and intimate relationship with God looks like. 	<ul style="list-style-type: none"> • I am confident in approaching others, and they find it easy to approach me. • When in trouble, I cry out to God and He is with me in my suffering. • When in trouble, I can confidently rely on family, friends, co-workers, and others to be there for me in my time of need – I never have to worry about going through the storms of life alone. 	<ul style="list-style-type: none"> • I must take the time and effort to learn that God created me to be in a relationship with Him and others. • Learning to trust God and others is at the heart of intimacy. This requires opening my heart and expressing my true feelings to God and others. I learn to trust as I continue to know and become known in the body of believers – this takes time and will not happen overnight. • I must invest the time and effort to learn that I am worthy of love, and God and others are also able to provide love, peace, security, support, and encouragement in good and bad times, but this healing process takes time and will not happen overnight. Just as I grow physically, I also grow spiritually – a process that takes time). • I must make God the priority in all relationships, and seek Him daily through the practice of the spiritual disciplines of Scripture reading, memorization, application, meditation, prayer, journaling, confession, etc.

* Dr. Tim Clinton & Dr. Gary Sibcy. *Attachments: Why You Love, Feel, & Act the Way You Do*. Thomas Nelson Publishers. Brentwood, TN. 2002.