



FOUNDATIONS OF
Nourishment
& Self Care

A woman with wavy, light orange hair and freckles is shown from the chest up. She is wearing a white, long-sleeved lace dress with intricate eyelet patterns. She is looking upwards and to the right with a thoughtful expression, her hand near her face. The background consists of large, textured, brownish-orange rocks.

Fear and the Unconscious Mind

Fear and the Unconscious Mind

Life Assignment

Use the principles of Attachment Theory to empower you this week in a way that will support your nourishment! Who in your life is already a Secure Base and Safe Haven, or who would you like to become one? With whom do you Seek Proximity, and how do you express Separation Protest with them? Choose attachment figures and lean on them this week!

What's It To Me?

REACT: What strikes me?

DIGEST: What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?

Fear and the Unconscious Mind

Attachment

Wright's Five Variables of IDEAL Attachment

Accurately Perceived:

In the Here and Now:

With Positive Regard:

Consistently:

Unconditionally:

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Attachment

Aspects of Attachment

1. Seeks Proximity

2. Secure Base

3. Safe Haven

4. Separation Distress

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Implications of Attachment Theory in My Life

Fear and the Unconscious Mind

Three Operating Systems

Operating System ->	Avoiding	Approaching	Attaching
Characteristics	Seeks safety Avoids threats Attends to risks Appreciates reassurance Behaves with caution, inhibition, withdrawal	Seeks satisfaction Avoids loss Attends to opportunities Appreciates encouragement Behaves with eagerness, excitement, pursuit	Seeks connection Avoids rejection Attends to relationships Appreciates warmth Behaves sociability, bonding, affection
Reflexive / Red State	Unsafe sense of self Fears danger Aversive stance Copes through resisting Appeases, freezes, flees, fights Experience of fear Feels angry, immobilized, defeated, weak, overwhelmed, helpless	Dissatisfied sense of self Fears scarcity Coveting stance Copes through grasping Drivenness, addiction Experience of frustration Feels disappointed, failed, sad, grieving	Disconnected sense of self Fears exclusion Separated stance Copes through clinging Reproaches, quarrels, prejudiced Experience of heartache Feels hurt, dismissed, abandoned, mistreated, provoked, aggrieved, jealous, rejected, lonely, ashamed, inadequate, unworthy
Responsive / Green State	Safe, protected, confident, asserting Acts with dignity, gravity, restraint Experience of peace Feels strong, calm, relaxed, tranquil, agency, efficacy	Satisfied, sufficiency, fulfilled, aspiring Acts with generosity, creativity Experience of consentment Feels grateful, glad, enthusiastic, accomplished, successful	Connected, included Acts with empathy, compassion, kindness, cooperation, affection Experience of love Feels seen, liked, appreciated, worthy, cherished, special

Fear and the Unconscious Mind

Internal Family Systems

Self

Parts

Exiles

Protectors

Managers

Firefighters

*Source: Richard Schwartz

Fear and the Unconscious Mind

Internal Family Systems

Fear Responses

Fight

Flight

Freeze

Attach

Submit