



FOUNDATIONS OF Nourishment & Self Care



Three Frameworks of Nourishment

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Life Assignment

Start to map your Window of Tolerance. Note your signs and triggers for hypoarousal or hyperarousal—and your vision for expanding your Window of Tolerance.

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?



Three Frameworks of Nourishment

The Nurture Effect

The Importance of Nourishment & Self Care

Three Frameworks of Nourishment

Window of Tolerance

Hyperarousal

Hypoarousal

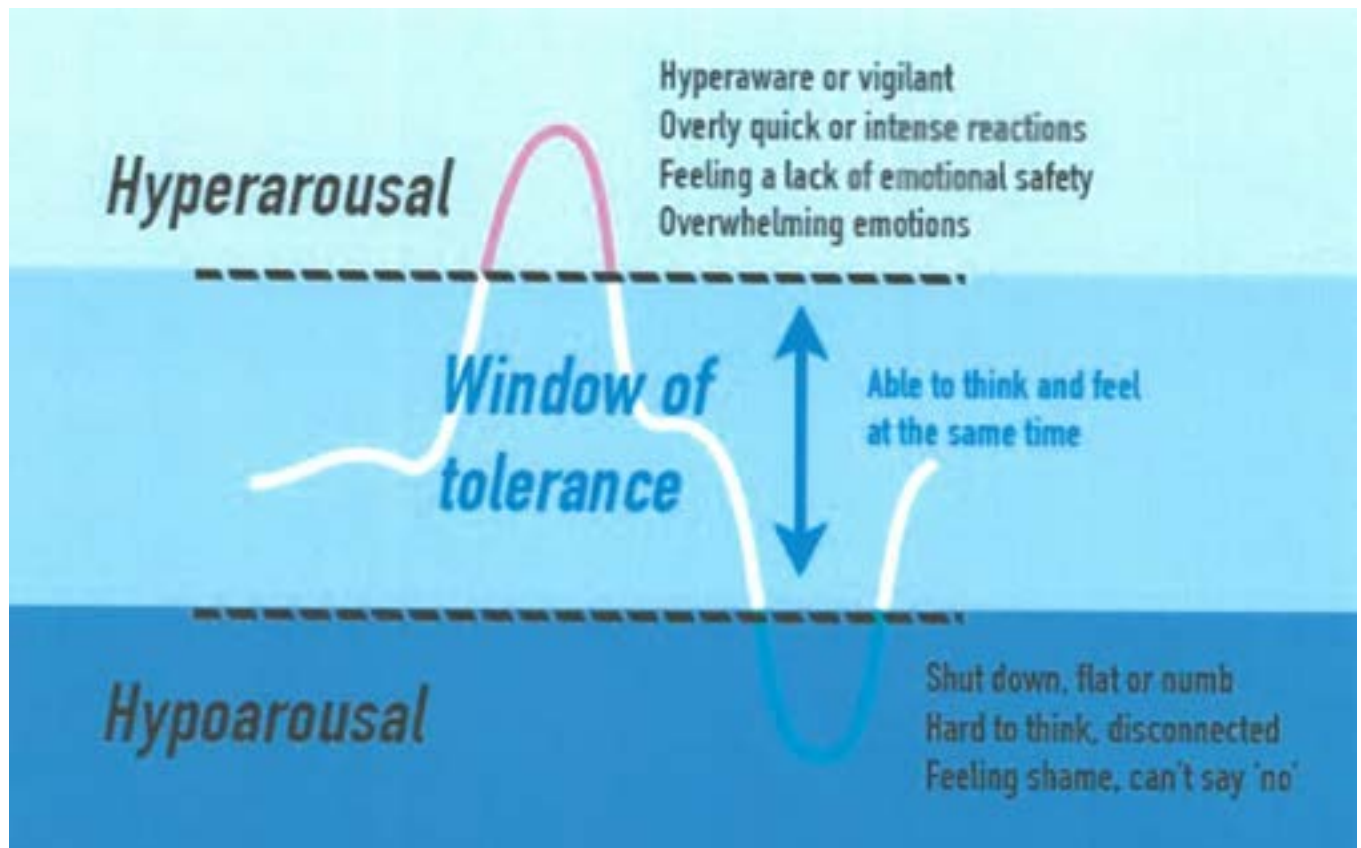
Three Frameworks of Nourishment

Window of Tolerance (Continued)

Map of My Window of Tolerance

Three Frameworks of Nourishment

The Window of Tolerance



Three Frameworks of Nourishment

Attachment

Wright's Five Variables of IDEAL Attachment

Accurately Perceived:

In the Here and Now:

With Positive Regard:

Consistently:

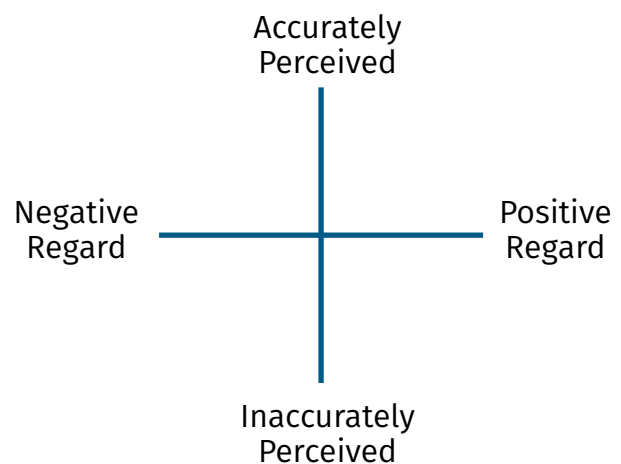
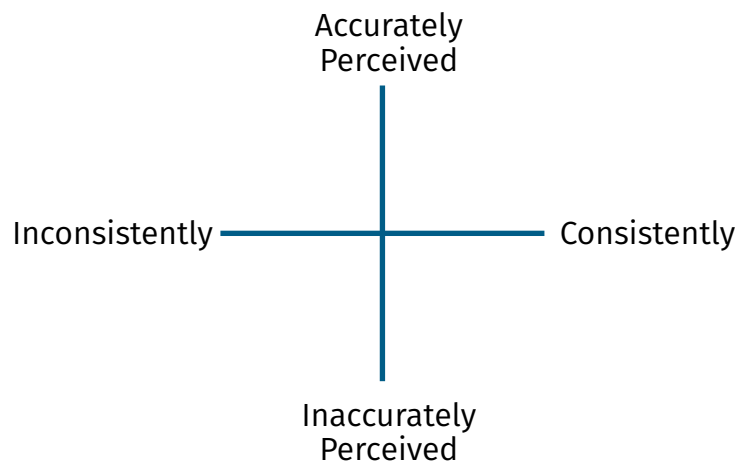
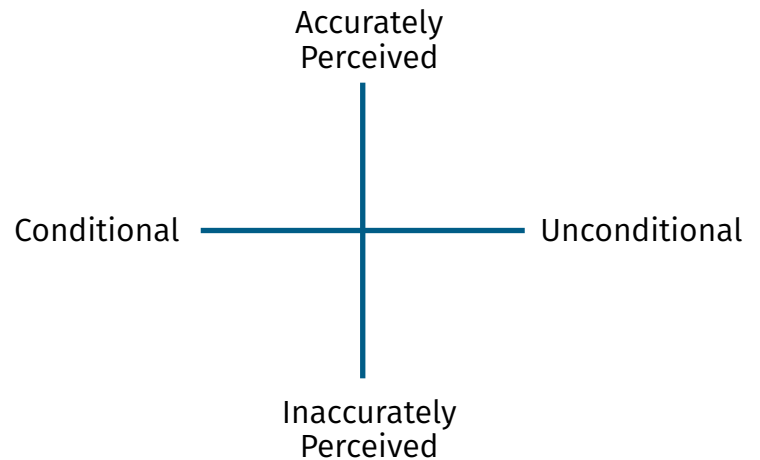
Unconditionally:

Three Frameworks of Nourishment

Attachment

Attachment Patterns

- Accurately Perceived
- In the Here and Now
- With Positive Regard
- Consistently
- Unconditionally



Three Frameworks of Nourishment

Attachment

Neuroscience of Identity Formation & Attachment

Notes:

Main Points:

So What?

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Attachment

Attachment Theory

Notes:

Main Points:

So What?

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Attachment

Aspects of Attachment

1. Seeks Proximity

2. Secure Base

3. Safe Haven

4. Separation Distress

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Attachment

Attachment Schemas

Rate each of the following statements according to how well they describe your attachment pattern.

1—Does not accurately describe me

2—Describes me somewhat

3—Accurately describes me

"I'm alone and on my own."

1 2 3

"I need others and can't depend on them."

1 2 3

"At times I fall apart. I can't depend on myself."

1 2 3

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Attachment

Implications of Attachment Theory in My Life