

# LEARNING YOUR LINES FOR CONNECTION– INCREASING EMOTIONAL INTELLIGENCE

*How to connect to your child's attachment style!*

Identify your Why? If you could have a desired outcome with your child what would it be?

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What would you say is your biggest barrier to connection right now?

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What would you say your child believes is the biggest barrier to connection?

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## Set yourself up for success: 12 Tips for parents who desire connection with their teen

1. Pre talk - get your kids map of attachment
2. Determine the best setting for talking
3. Set an appointment & an intention...no one likes surprises
4. Are you ready (regulated, curious, and able to be present)
5. Learn your scripts!
6. Being vs Doing Clip: Dan Siegel: <https://www.youtube.com/watch?v=PGUEDtGSwW4>
7. **Right Brain: be with what is, connection, attachment, touch ATTUNEMENT**
8. Left Brain: concrete, outward focused, solving problems, sending language out, problem solve
9. **Name it, to tame it**
10. Connect & redirect
11. Remember that this stage is all in preparation for future relationships!
12. Practice and accept that it is ok to amend, edit, add a comma, etc.

## SECURE ATTACHMENT:

Ed Tronick's research shows that about 30-33% attunement is enough, especially when we learn and practice initiating and receiving repair of mis-attunements, which is how we can learn relationship skill building and resiliency! The key to this attachment is there is flow between coming and going and the meeting of individual and group needs. This is what we are all working towards in our relationships.

1. "It seems like you just settled a bit, are you feeling more ready to talk about what is bothering you?"
2. "(persons name) I trust you and your judgment because (list reasons)"

3. "You seem to be feeling (name emotion). Is that right"
4. "You seem like you might be more ready to talk about (what happened) is that the case?"
5. "As you notice I am calmer now, are you feeling more open to talking about (what happened) again?"
6. "Do you notice/I notice what a difference it makes when you feel (loved, accepted, etc.) by another. Do you notice that?"
7. "Thank you for telling me what you need. I am glad to know (name what they are going through)."
8. "Are you open to hearing my opinion about (the situation)?"
9. "I can see that you are really upset, and so am I, are you willing to tell me more about what is happening for you, when I tell you (no, my opinion, etc.)?"

### **AVOIDANT ATTACHMENT STYLE:**

In this theme we are helping the individual that is walled off from others, and his/her emotions to know that it is ok to share what he/she is feeling. This person is highly sensitive to perceived threat and will often times meet fight with fight. The need for the parent/adult to be ready to engage in communication and regulation throughout the conversation is paramount.

1. "It seems that you feel better when you are alone, what would be the best way for me to approach you when I feel like we need to talk?"
2. "I notice you are walled off, I am here to listen when you're ready to talk"
3. "It seems like when I approach you that you first get annoyed and a little irritable toward me...do you feel that too? Is there something I can do to make you feel like you have your space?"
4. "Is there a way to find time to talk about stuff that is important?"
5. "Would you be willing to try to tell me what you need so I can be here for you, and you don't feel like you have to do it all yourself?"
6. "Family time is important to me, would you be willing to tell me how you would like to spend time with our family?"
7. "I hear that you feel like you don't need me as much, would you be willing to ask for something if you feel like you really need it?"
8. "Is there a way that it feels easier to ask me for help?"
9. "I know it can be so easy for you to entertain yourself on the computer, watching TV, playing video games. It seems like you are kind of trying to have some alone time without others...I get that. I am wondering if you would also be willing to try some more activities that include others?"
10. "I see that it is hard for you to let others in lately. I just want to say that we all need support from others in our lives, and I want you to know that I am here for you, when you need me."
11. "I realize that your achievements are really important to you and you are so good at (name the activity). Would it also be ok to open some more space for time to relax with others that care about you too?"
12. "Can you let yourself feel our acceptance and love, even though it may not always be perfect?"

13. “Can you sometimes own your part or tell me mine when we disagree. Sometimes it is hard to tell what you’re thinking. I will give you your space, but I do care what is going on with you, so I may ask, is that ok?”
14. “What is it like for you to look at me right now, and see that I am not judging you and that I am less upset.”
15. “Are there people in your life that help you to feel more heard, and more safe when it comes to talking? What do they do that helps you with that?”

### **Anxious Preoccupied Attachment:**

We want to encourage our teens by supporting a deeper connection to his/her sense of an autonomous self. This style tends to be overly focused on others. To support the teens ability to find a balance between self-regulation and interactive regulation that usually comes from another person. This results in a tremendous amount of perceived pressure and needs to be communicated from a place of calmness and regulation.

1. “I wonder what you are feeling... or needing from me right now?”
2. “Is there room for YOU in our relationship? What would make you feel like you had enough space to be yourself?”
3. “What does it feel like when you know you can really count on me to help you...to support you...to be there for you...?”
4. “What is it like to tell me no, and to see that I can respect your no?”
5. “What is it like for you to say ‘no’ when you want to say ‘no’... especially when you feel like someone needs something from you?”
6. “When we try to give to you, can you really receive it?” “ I notice it is a bit difficult for you to take in the positive aspects of your relationships. Can you practice your receiving? Can you try to take in 1% more of the love and attention directed toward you?”
7. “Can you focus on the task at hand without getting lost in the relationship drama or gossip?”
8. “When you see another person, can you stay connected to yourself and not have all your focus, attention and energy move over to them?”
9. “I notice you often feel that you over-give and can feel resentful when it doesn’t feel fair or reciprocal from others. Would it be okay to ask more clearly for your own needs be met too?”
10. “What would it be like to experiment with practicing gratitude for all that is being given wholeheartedly from others - especially when you feel the habit of dismissing others’ attempts to please you?”
11. “Notice you are here with me and you are not alone right now. What if we worked on doing this together?”
12. “I take you with me in my heart when I have to be away. You are always in my heart when I am away.”

### **More Resources:**

#### **The Amazing Adolescent Brain:**

[http://www.multiplyingconnections.org/sites/default/files/Teen%20Provider%20article%20\(2\)\\_0.pdf](http://www.multiplyingconnections.org/sites/default/files/Teen%20Provider%20article%20(2)_0.pdf)

**Dan Siegel: Neuroscientist, and author**

**Books:**

The Whole Brain Child  
Parenting from the Inside Out  
The Developing Mind  
No Drama Discipline  
Brainstorm

**Youtube:**

<https://www.youtube.com/watch?v=PGUEDtGSwW4>

**Gabor Mate: addiction and bonding specialist**

Hold On To Your Kids  
Realm of Hungry Ghosts

**Attachment Articles:**

<http://nobo.komagata.net/pub/Komagata14-AttachmentOverview.pdf>

<http://themotherdaughternest.com/attachment-parenting-in-the-teen-years-8/applications/>

**EQ Articles:**

<https://www.psychreg.org/emotional-intelligence-mental-health/>

<https://www.mindful.org/grow-emotional-intelligence/>

<https://www.heysigmund.com/social-emotional-intelligence/>

<https://www.psychreg.org/emotional-intelligence-mental-health/>