



Traits of a Secure Connector

As we work toward a secure attachment we will be able to rate ourselves higher (most often, always) in the following areas. We suggest rating yourself now, read *How We Love*, and then complete the workbook in the back of *How We Love*. Rate yourself again in 6 months to a year and see if you are growing and making progress.

Rate: 1 = No/Rarely 2 = Sometimes 3 = Most Often/Always

___ I experience relationships as a source of relief and when I am stressed.

___ When I am stressed, I seek help, comfort and support from a person rather than a thing. (Things may include TV, shopping, alcohol, pornography, social media, food, drugs, gambling, getting busy, work. etc)

___ I can ask for help when I am unsure of myself.

___ I can list eight feelings I experience on a regular basis.

___ I can identify and articulate these feelings with my spouse and kids.

___ I am able to communicate my needs and ask directly for what I need rather than hoping someone will guess correctly.

___ I know my childhood history so I am aware when feelings from the past are bleeding into the present circumstance and causing me to overreact.

___ I can name five strengths I possess in my character and talents and three weaknesses.

___ I can make a mistake and recover quickly without being stuck in shame.

___ I can find middle ground in life versus being an eternal optimist or constant pessimist.

___ I can delay gratification and wait for something I want.

___ I am aware of my mate's behavior when they are stressed and can take measures to bring them relief rather than reacting to their irritating behavior.

___ I can admit when I am wrong and apologize without saying "I am sorry but..."

___ I can accept criticism and feedback and thoughtfully consider it and make changes.

___ I am a good listener and know how to ask thoughtful questions that help me understand another person.

___ I have experienced the connection and closeness that results when a conflict is resolved.

___ I can say no and draw boundaries even when it makes someone mad.

___ When I am angry I know how identify more vulnerable feelings underneath the anger and communicate the more vulnerable feelings.

___ I can control the level of my reactivity so I am able to stay engaged in difficult conversations.

___ I am comfortable with reality and don't minimize problems.

___ I can keep listening and explore another's feelings, experiences and point of view even when I totally disagree with them.

____ I can ask to be held or hugged when I need comfort.

____ I am not afraid of conflict because I have skills to compromise, negotiate, and most often resolve conflict.

____ I don't hold on to resentments and am able to forgive.

____ I have a relationship with God as well as close friends and don't expect my one person to meet every need.

____ I have compassion for my others in their areas of weakness because I understand the childhood wounds that contributed to those areas of struggle.

____ I don't have secrets I am keeping from others (or my mate if married).

____ I can ask for a "do-over" and try again when I blow it or make mistakes.

____ I can grieve and share my sadness with others when I experience losses or hurts in my life.

_____ **TOTAL**

28-45 Needs work: If you didn't learn it as a kid you can learn it now!

46-65 You're getting there: Pick a few traits as a focus for continued growth.

66-84 Call your parents and thank them!

If you want to take a courageous step, ask your spouse and or kids to rate you in these areas. When a family member "owns their issues" other family members soften and become less defensive. If you demonstrate change and grow, family members will soften even more. Evaluate and admit your own shortcomings, then others won't have to take that role.