

Individual - Attachment Compensations

<p>Incident <i>Individuals involved</i> <i>Attachment Blueprint Incident</i> <i>Please describe the incident and the people who are involved here</i></p>	<p>Dr. Julie Attachment Compensations The focus is the Incident, Situation, and Person(s) involved in it <i>from the perspective of self in the incident</i></p>
<p><i>Incident:</i></p> <p><i>When I was 8 years old my sister Louise and I were sent to the store by Dad to buy a few things. Mom and Dad were doing the laundry.</i></p> <p><i>We walked to the store. We had some extra money after we had paid for the things they wanted. We decided to buy a few things for ourselves.</i></p> <p><i>I remember we bought a toy watch, some plastic high heeled shoes, some candy necklaces and some other candies. We were so happy with our purchases.</i></p> <p><i>When we got home Dad told us to put the change on the dresser in their bedroom. We did that and then went off to play.</i></p> <p><i>We were having lots of fun when suddenly dad started to yell. “Where are the thieves? “He came marching outside to find us. “I am going to call the police and you are going</i></p>	<p>Since the incident:</p> <ul style="list-style-type: none"> • <i>What are the ways you have been taking care of the people?</i> • <i>I parented my sisters.</i> • <i>I gave Louise money whenever she ran out. I never held her accountable.</i> • <i>I bought my sister Joan a condominium after the marriage to her husband fell apart.</i> • <i>When my friends were in trouble, they would come to me for advice.</i> • <i>Whenever they would call, I would drop everything I was doing and run over to their place to help them.</i> • <i>With all my husbands I put their needs first. With George I took responsibility to look after his Chron’s disease. I made sure we had all the right foods. When he was in pain, I made sure he got the medication that he needed.</i> • <i>With Paul I knew he wanted Ali to learn about the Catholic Church. I made sure she had all the books she needed so she could learn what she needed to learn.</i> • <i>Both George and Paul wanted me to be a sex object. I allowed myself to be treated as a sex object.</i> • <i>Bob wanted to look after me. I sold my house and moved in with him because I knew that was what he wanted. I let go of my friends so that I he would have me home with him.</i> • <i>None of my children lacked material things. They always had the best of everything.</i> • <i>I didn’t want them to experience any violence, so I made sure that I didn’t upset their fathers.</i> • <i>I didn’t expect either Greg or Joseph to be able to look after themselves. I allowed them to stay home longer than I should have. I still support Joseph financially.</i> • <i>I went into medicine so I could help people.</i> • <i>After surgery when I went to talk to my patients I often had to cover for my colleagues. “No, it wouldn’t have made a difference if the diagnosis was made earlier.” I spent a lot of time explaining things that my colleagues should have explained to them. It took me a lot of time and energy to do this.</i> • <i>What have you been sacrificing in order to keep the peace?</i>

to jail. “ He marched us into our rooms and slammed the door behind us. I had the top bunk. Louise had the lower bunk. We were both crying. We were both very scared. We were bad. He was going to call the police. We were thieves. All I can remember is being very scared and crying. I felt devastated. My Mom was in the kitchen. She said nothing.

- *I didn't allow myself to have a childhood.*
 - *I became a mother and father to my sisters. I didn't allow myself to be a child.*
 - *I didn't learn how to play.*
 - *I needed to make sure everyone behaved so Dad didn't get angry. I had to be serious all the time.*
 - *I didn't say anything if my friends upset me. I wanted them to know that I trusted what they said.*
 - *I spent all my time looking after them and no time looking after myself.*
 - *With my husbands I silenced my voice. I would agree with them and do what they asked and expected of me.*
 - *I stopped listening to what I knew to be true, and I would simply agree with what they said.*
 - *It was easier to give all of them the sex they wanted rather than tell them what I wanted. In the end I still don't know what a healthy sexual relationship looks like.*
 - *With all of my children I didn't want to upset their fathers so I would not say anything that would upset them.*
 - *I allowed my two boys to stay dependent on me to this day. When Sherri needed someone to talk to I would always be there for her. I became her second mother.*
 - *As a doctor I did not challenge my colleagues. I simply did the surgery and helped the patients as best I could.*
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- *What have you been offering to others that you feel deprived of?*
 - *I tried to be a mother and father to my sisters.*
 - *I would give them money when they needed it so they always had enough.*
 - *I would always be there for my friends no matter what time they would call.*
 - *I would buy them things that they needed so they wouldn't have to go without.*
 - *I offered all my husbands a safe home with a dutiful wife.*
 - *I always agreed with them so they would feel empowered.*
 - *I wanted peace at all costs so I would always agree with them.*
 - *I worked hard so I could make lots of money. My boys were never going to not have enough money.*
 - *I made sure my children had the best schools and Nannies. I wanted them to be mothered and supported.*
 - *As a doctor I wanted my patients to know that I saw them, that I heard them, that I understood them.*
 - *When my patients needed something or wanted to do something I made sure that it happened for them.*
 - *I was able to arrange last minute oxygen for a patient so they could go home for the weekend.*
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- *How have you been making the others a priority and putting them first?*
 - *I became a parent to my siblings. I did not allow myself to have a childhood.*
 - *I gave all my time and energy to listening to my friends and helping them instead of looking after myself.*

People who are involved:

*My Dad
My sister Louise
My Mom*

*People who are absent:
My Sister Joan*

- *As a wife I put the needs and desires of my husband's first.*
- *I took total responsibility for the house as well as working full time. I wanted them to be sure they had time to rest when they came home from work.*
- *As a mother I took no time for myself. I made sure I went to all of the activities with my children. I would stay up late and make sure their clothes were ready for the next day. I did all their laundry so they could have more time to play and spend time with their friends.*
- *As a doctor all my energy went into looking after my patients. I would stay late to be sure everything was done. I didn't trust my colleagues so I would do it myself.*

- *What have you denied yourself?*
- *I didn't allow myself to take time to rest.*
- *I didn't allow myself to have fun.*
- *I didn't allow myself to be me. I needed to be what I thought they wanted me to be.*
- *I lost my ability to trust myself...I believed what they said so that I wouldn't upset them.*

- *What have you given up to fit in?*
- *I gave up being myself.*
- *I gave up looking after myself.*
- *I gave up trusting myself.*
- *I gave up having fun.*
- *I gave up being spontaneous.*
- *I gave up my sense of adventure.*

- *How have you been dismissing your needs since the incident?*
- *I didn't allow myself to have any needs. I would tell myself that looking after myself was selfish.*
- *When I would feel something, I would distract myself by reading, eating, shopping, phoning someone so I could help them.*

- *How are you taking care of the needs of others in the hope that they will do the same for you?*
- *When I do things for others, I hope that they know that I am wanting the same thing and that they will do that for me.*
- *If I buy them something I hope, they will buy me something in return.*
- *When I drop everything to be there for them, I am hoping they will drop everything when I call them for help.*

- *When I get older, I don't want to go into a nursing home. I expect my children to look after me the same way I looked after them.*
- *With my husbands I looked after them so that they would always look after the children financially.*
- *As a doctor I looked after the others trusting that someone will be there to look after me when I became sick. I hoped that the nurses that I worked with would be there for me.*
- *What do you say to yourself about the compensations you made?*
- *I felt that I had no choice if I wanted to be safe.*
- *Looking after the others gave me a sense of purpose and meaning in my life.*
- *Looking after the others made me feel good about myself. That I had a right to exist.*
- *Living in my head allowed me to be in control and helped me to feel safe.*
- *I feel sad that I gave away who I really was in order to feel safe.*

Self-focused agreements

What type of compensation did you make regarding the themes below?

- *Safety*
- *I did what the others wanted so they would be happy, and I would be safe.*
- *I silenced myself so as not to upset them.*
- *Trust*
- *I needed to make them happy so did what they asked, and I stopped trusting myself.*
- *Choice*
- *I made my decisions based on what I thought the others wanted.*
- *I needed to avoid violence and anger at all costs so I would not challenge them.*
- *Responsibility*
- *I felt everything was my fault and that I needed to make it better.*
- *I made it my mission to save the others.*
- *Fixing their problems became my priority.*
- *Intimacy (being with yourself and others)*
- *I gave them the intimacy they wanted so they would be happy and give me what I wanted.*
- *I became the sex slave for my husbands.*
- *Kindness*
- *I would always be super kind and super nice so that they would like me.*

- *Connection*
- *I would allow my family and friends to feel very connected to me so they would feel seen and supported. But I didn't allow myself to feel connected to them. I was always giving, never receiving.*

What type of compensation did you make to have a future?

The only need I had was to look after the others so they would look after me.

I was afraid of making people angry so I would agree with them no matter what I believed.

I was afraid of not having enough money. I became a doctor so that I could make my own money and not need to rely on anyone.

How do these compensations play a part in your life now?

My first response is still to look after the others. I want them to feel seen and supported.

How have you been keeping the old compensation for the new situations/incidents?

I am always there for them so that they will always be here for me.

What has been the benefit of the compensation?

It has given me a sense of control and safety.

What has been the cost of the compensation?

I lost a sense of who I really am, what I want and what I truly desire. I was always trying to give them what I didn't have.

Activated Core Emotion(s)

Sadness, Happiness, Anger, Surprise, Disgust and Fear (including rejection, abandonment, loneliness, jealousy, envy),

- *How did you feel about the compensations you made?*
- *I felt a sense of pride that I put the others first. That I tried to give them what I didn't have so they would be happy.*
- *How do you feel about compensations you made now?*
- *It depresses me to see that I gave my life away to make the others happy. In the end it didn't work. No matter how hard I tried I wasn't able to make them happy. I wasn't able to take away their pain and suffering.*

- *What does your Secure Self say about the compensations you made?*
- *She tells me that everything is going to be OK.*
- *She tells me that my compensations helped me to survive and allowed me to keep walking and not give up.*
- *She tells me that she understands that she loves me and she is here supporting me.*
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