



The Attachment Pledge

Dan Hughes, Ph.D.

*I will strive to help you..... to feel **safe** here*

*I will discover..... what is **unique** about you*

I will relate to you with PACE..... Playfulness, Acceptance, Curiosity, Empathy

*I will discover your..... **strengths & vulnerabilities***

I will listen to you very hard to understand your experience

I will give you what you need for safety & success

*I will remember that you often feel **fear & shame***

I will never leave you when you are in distress

I will not forget you when we are apart

*I will **love & accept you**..... especially when I address your behavior*

I will remember..... why you argue with me, ignore me, and do not trust me

I will help you to discover..... what you and I both think, feel, and want

I will teach you by sharing my experience of you & the world with you

I will always remember..... that attachment relationships are very important to you

I will be very clear..... in telling you what is happening & what is going to happen

I will provide you with routines & rituals that you will become comfortable with

I will care for myself..... so that I am better able to care for you

I will discover the song that is in your heart

And..... sing it to you when you forget it