

COMFORT CIRCLE

The way that we create bonding.

1. SEEK AWARENESS

Self-reflection to understand feelings and underlying needs.

2. ENGAGE

"Speaker" openly acknowledges feelings and needs.

3. EXPLORE AND FIND OUT MORE

This involves clear "speaker" and "listener" roles where the speaker's needs, thoughts, and feelings are explored. Thoughtful questions by the "listener" further clarify the inner emotions of the speaker, and the listener validates the speaker's feelings, even if they disagree with the other's perceptions. Listener concludes with the question: "What do you need?"

4. RESOLUTION BRINGS RELIEF & COMFORT

The listener meets the needs of the speaker with actions and responses (whenever possible), while at the same time being clear and direct as to what you can and cannot do for the other person. Meeting needs may need to be deferred until an agreed upon time.

Note: The wonderful result of completing the comfort circle will be increasing trust, love, and bonding. Your injured attachment style will begin to heal and you will begin to move toward a state of earned secure attachment. This will in turn allow you to "feel" again and

Warning: If hurtful action or non-action takes place instead of completing the comfort circle, then the relationship will continue to deteriorate toward a lower level of distrust and pain.