

## **THE STRENGTH OF OUR EMOTIONAL BONDS**

We're well over third through 2020, what a ride so far, what's it been like for you? I noted at the beginning of the year that we're usually full of optimism and planning new goals. But if you're a little like me, sometimes life sneaks up on us, takes us away from our purpose, and thwarts our best intentions.

We should use the extra time and this point of the year as a time to pause, reflect and pivot, or risk it becoming another one we'll want to put behind us. To have the best chance of meeting our goals, I'm not going to arouse shame, shout slogans at you, or get you to sign up to the latest and greatest life coaching manual. I want to remind you of your supports, or who we psychologists call our Attachments - the few people with whom we share a very close emotional bond with. These attachments usually begin between a parent and child, and then between our loved ones as we get older. It's been well demonstrated that these people provide us with support, security and courage needed for our changes. So to make the most of new opportunities, let's connect with someone old.

An attachment figure serves three purposes:

First, we tend to seek and benefit from being close to our attachment figures in times of need. Who do you turn to when the world has turned on you?

Second, they serve as a safe haven when we're struggling, and life's got us on the hop. Here they can be a source of support, protection, and comfort.

Third, an attachment figure serves as a secure base, allowing us to pursue our goals safely. So we can explore, take risks, and grow into that better version of us we all can imagine, and which sometimes haunts us!

So who are the important people in your life? Use the next period to reinforce connections with your attachment figures. Give them a call, pay them a visit and put some time into the relationship. For those people who you think will be supportive, (and non-judgemental!) you might even share your new goals. Either way, filling your corner with attachment support builds confidence, daring and may save this year from the scrapheap!