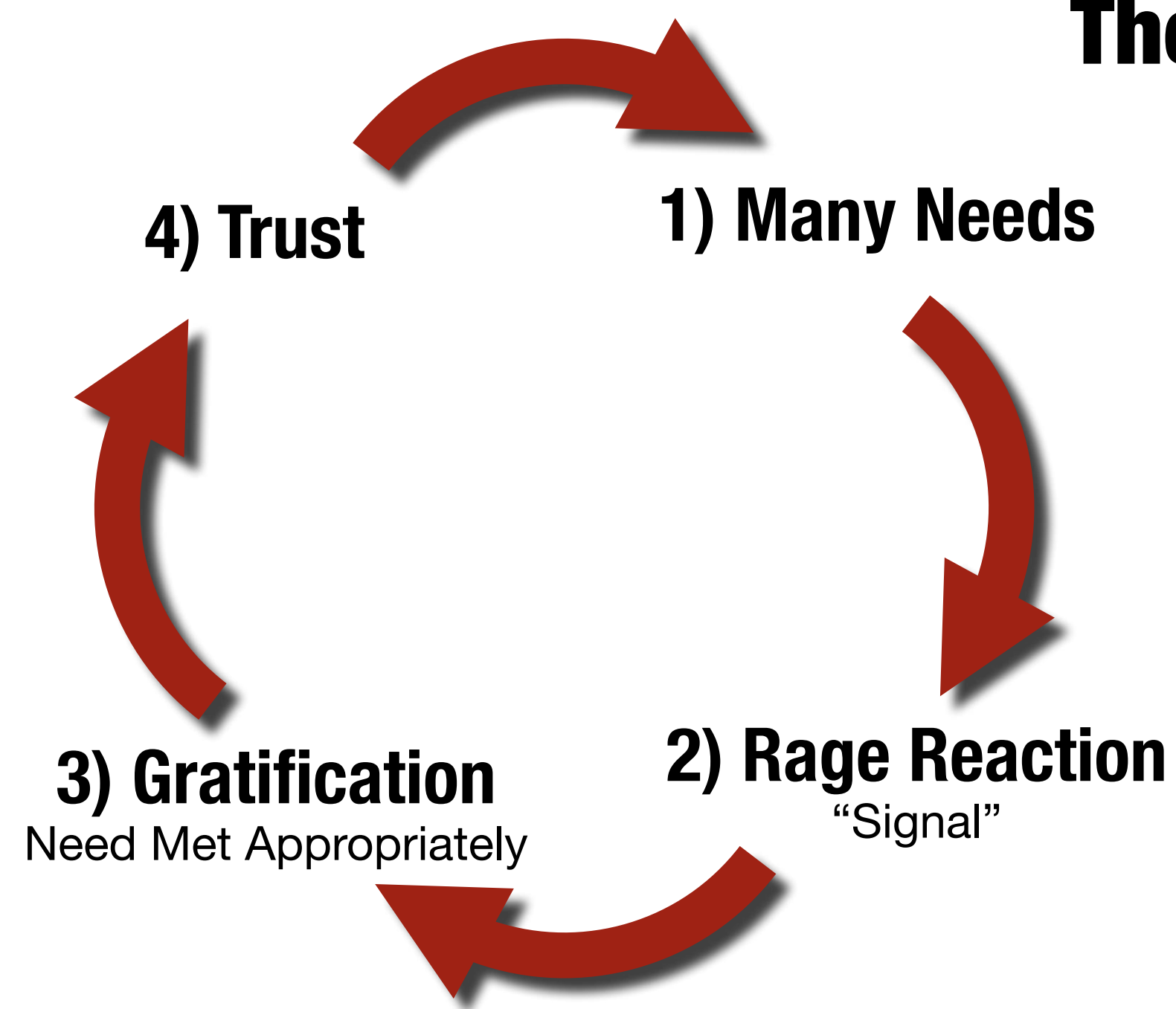


# Trust + Limits = Healthy Relationships

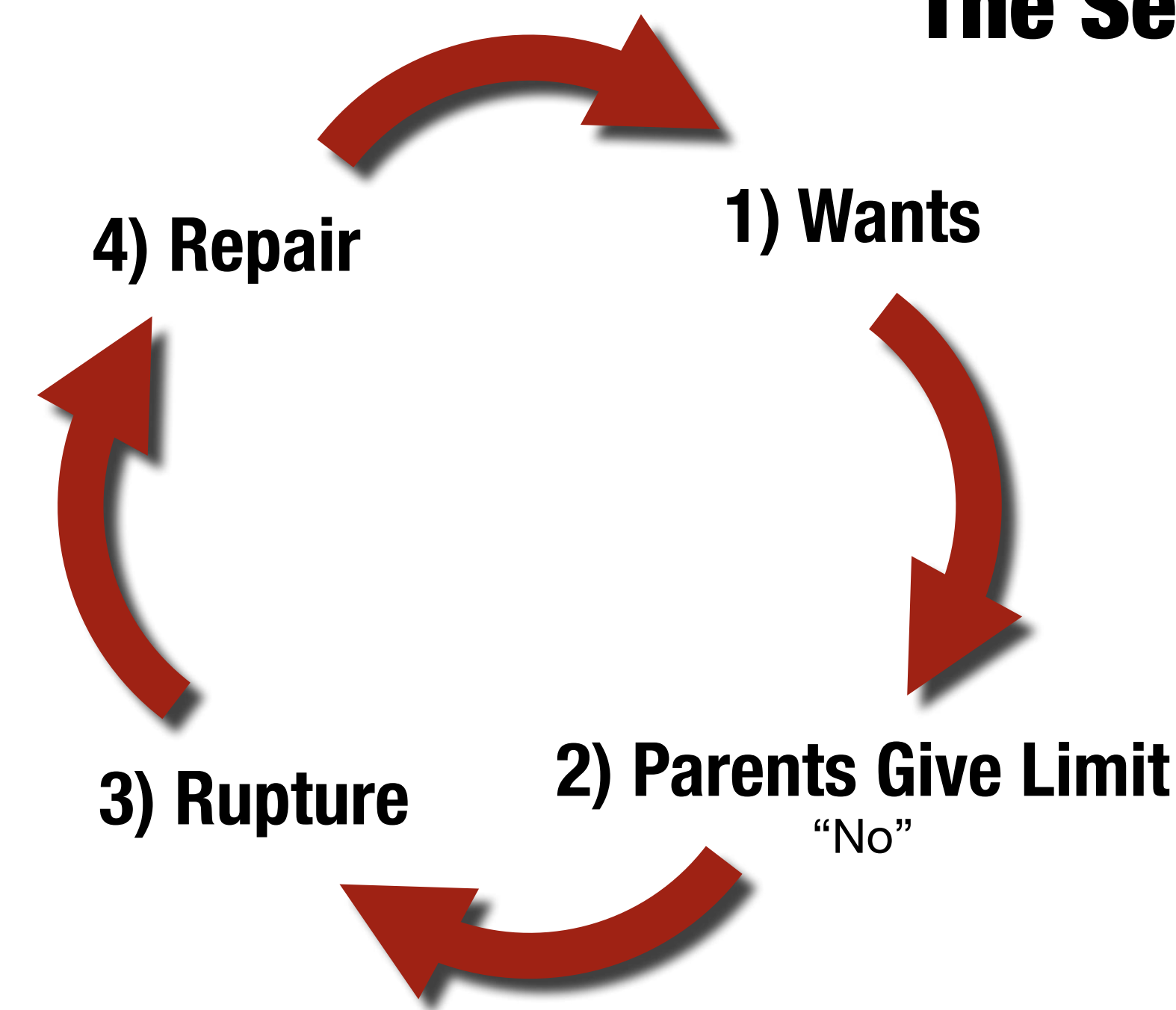
## The First Year Cycle of Trust



After thousands of completed cycles in the first year, the Baby thinks...

- My needs are taken care of by my mother.
  - I have value.
  - I can trust my mother.
- Trust is born.

## The Second Year Cycle of Limits



After thousands of completed cycles in the second year, the Baby thinks....

- Mother says I can't have everything I want.
  - But since I can trust my mother, it is okay and I am okay.
- Respect for boundaries and authority is born. Conscience development begins.

### Factors that Put the Child at Risk for Attachment Disruption:

- Family History
- Exposure to drugs and alcohol in utero
- Domestic violence
- Chronic painful illness
- Neglect
- Emotional, physical or sexual abuse
- Abandonment or sudden departure of the mother
- Chronic maternal depression or preoccupation
- Multiple moves in the foster care system

### What Is Attachment Disorder?

Attachment Disorder is at its most basic level an anxiety disorder that keeps the developing child in "survival mode." (Dr. Donald Williams, Toolbox seminar, 9/13/08) Because there has been a disruption in the attachment with the maternal figure, the child has difficulty trusting others and feels safe only when in control. This difficulty and need prevents the child from entering into healthy, lasting relationships.

### Symptoms of Attachment Disorder may include:

1. The child acts superficially charming around people who don't know her.
2. The child avoids eye contact with people who know and love her.
3. The child is indiscriminately affectionate with strangers.
4. The child lacks the ability to be genuinely caring of another and has poor peer relationships.
5. The child's extreme control problems become worse as she grows older.
6. The child routinely lies, distorts, and exaggerates.
7. The child is impulsive.
8. The child doesn't understand cause and effect.
9. The child may be fascinated with blood, gore, fire, and evil.
10. The child talks in order to control, interrupt, or just to fill the "air space."
11. The child often has abnormal eating patterns, starving, gorging, or hoarding.
12. The child is manipulative.
13. The child often accuses people who love her of hurting or abusing her.
14. The child may triangulate, pitting one parent or teacher against the other, to get her way.

